

HYDRATION

SUPPLEMENT FACTS

Serving Size: 1 Stick (8 g)

Servings Per Container: 24

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	<1%**
Dietary Fiber	0 g	0%**
Total Sugars	0 g	†
Includes 0g Added Sugars		0%**
Vitamin C (as PureWay-C™)	135 mg	150%
Calcium	60 mg	5%
Magnesium	83 mg	20%
Chloride	117 mg	5%
Sodium	150 mg	7%
Potassium	375 mg	8%

GHOST® HYDRATION

Taurine	1500 mg	†
Potassium Citrate	1036 mg	†
Magnesium Citrate	565 mg	†
Aquamin™ (Seaweed-derived calcium citrate malate)	500 mg	†
Sodium Citrate	323 mg	†
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	195 mg	†
Himalayan Pink Sea Salt	192 mg	†
Senactiv® (<i>Panax notoginseng</i> (root) and <i>Rosa canina</i> (fruit)) extracts	50 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural and Artificial Flavors, Tartaric Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Spirulina Extract (for color).

MANUFACTURED FOR GHOST LLC

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1 VEGAN FRIENDLY GF GLUTEN FREE SF SOY FREE S SUGAR FREE



MANUFACTURED IN THE U.S.A.
IN A GMP COMPLIANT FACILITY
CONTAINS INGREDIENTS OF
INTERNATIONAL AND DOMESTIC ORIGIN

CONTENTS
CERTIFIED



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*** RICH IN ANTIOXIDANT VITAMIN C**