

ZERO SUGAR*

HYDRATION
DRINK

LESS THAN 1% JUICE

NUTRITION FACTS

Serving Size: 1 Bottle (500 mL)	
Amount Per Serving	10
CALORIES	% Daily Value**
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 3g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Calcium 60mg 4%	Potassium 700mg 15%
Vitamin C 90mg 100%	Vitamin B ₁ 1.7mg 100%
Vitamin B ₂ 2.4mcg 100%	Magnesium 126mg 30%
Chloride 70mg 4%	

Not a significant source of saturated fat, trans fat, dietary fiber, vitamin D, and iron.

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FILTERED WATER, CITRIC ACID, POTASSIUM CITRATE, TRIMAGNESIUM CITRATE, ASCORBIC ACID, NATURAL AND ARTIFICIAL FLAVOR, SEAWEED-DERIVED CALCIUM CITRATE MALATE, TARTARIC ACID, FRUIT AND VEGETABLE JUICE (FOR COLOR), HIMALAYAN PINK SEA SALT, SUCRALOSE, ACESULFAME POTASSIUM, PANAX NOTOGINSENG ROOT EXTRACT, ROSA ROXBURGHII FRUIT EXTRACT, PYRIDOXINE HYDROCHLORIDE, CYANOCOBALAMIN.

MANUFACTURED FOR GHOST BEVERAGES LLC
1700 S PAVILION CENTER DRIVE, SUITE 640, LAS VEGAS, NV 89135, U.S.A.
1-844-GHOST-88 (446-7888)

GHOST® HYDRATION	AMOUNT PER BOTTLE
Total Electrolytes	996 mg
Potassium	700 mg
Magnesium	126 mg
Chloride	70 mg
Calcium	60 mg
Sodium	40 mg
Aquamin™ Soluble (Seaweed-derived calcium citrate malate)	500 mg
Senactiv® (Panax notoginseng (root) and Rosa roxburghii (fruit) extracts)	50 mg

VEGAN FRIENDLY
 GLUTEN FREE
 ZERO SUGARS*

SENACTIV® Aquamin

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DO NOT USE IF SEAL IS BROKEN. SHAKE WELL BEFORE SERVING. REFRIGERATE AFTER OPENING. CONSUME WITHIN 3 DAYS AFTER OPENING.

*GHOST® HYDRATION IS LOW IN CALORIES



@GHOSTHYDRATION | @GHOSTLIFESTYLE



CA CRV
ME-HI 5¢, CT-OR 10¢

REPLENISHES
5 ELECTROLYTES
LOST IN SWEAT



996 MG TOTAL
ELECTROLYTES



ZERO
SUGARS*



ZERO
CAFFEINE



RICH IN
ANTIOXIDANT
VITAMIN C

GHOST

996MG
TOTAL ELECTROLYTES

500MG
AQUAMIN™

50MG
SENACTIV®

100%
DAILY VITAMINS B₆ & B₁₂

100%
DAILY VITAMIN C

AMOUNT PER BOTTLE

0
SUGAR
PER BOTTLE

Welch's
GRAPE

NATURAL & ARTIFICIAL FLAVOR
HYDRATION DRINK

16.9 FL. OZ. (500 mL)