

**SUGGESTED USE:** Mix each scoop (1 serving) of GHOST® AMINO with 8-10oz of water or beverage of choice. Vary amount of liquid to taste. Consume during or after exercise on training days or throughout the day as a performance thirst quencher.

**GHOST® AMINO WAS CONCEIVED TO SUSTAIN GREATNESS AT ANY HOUR\***



**FITNESS**



**SPORT**



**WORK/STUDY**



**PARTY**

**WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER.** Before using this product, consult a licensed, qualified healthcare professional if: you are taking any medications or other dietary supplement, or prescription drug; or if you have or have been treated for, diagnosed with or have a family history of, any medical condition. Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product. Not for use by women that are pregnant, nursing, or trying to become pregnant. Phenylketonurics: Contains Phenylalanine. CA Prop 65 Warning: This product may contain chemicals, including lead, known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. CONTENTS SOLD BY WEIGHT NOT VOLUME, SOME SETTling MAY OCCUR.**

MANUFACTURED FOR GHOST®  
170 Green Valley Parkway, Suite 300  
Henderson, NV 89012, U.S.A.  
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[WWW.GHOSTLIFESTYLE.COM](http://WWW.GHOSTLIFESTYLE.COM)

**MANUFACTURED IN THE U.S.A.**  
IN A GMP COMPLIANT FACILITY  
This product contains ingredients of international and domestic origin



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

**40 | A M I N O**

**SERVINGS**

**EAA BCAA HYDRATION**

**DIETARY SUPPLEMENT NET WT. 14.9oz (422g)**

**GHOST** 

**Welch's**  
**GRAPE**

**NATURALLY AND ARTIFICIALLY FLAVORED**

**SUPPLEMENT FACTS**

Serving Size: 1 Scoop (10.5 g) / 2 Scoops (21.1 g)  
Servings Per Container: 40 / 20

Amount Per Serving	1 Scoop	%DV**	2 Scoops	%DV**
Calories	5		10	
Total Carbohydrate	1 g	<1%	2 g	1%
Total Sugars	0.5 g	†	1 g	†
Iron	1.5 mg	8%	3 mg	17%
Sodium	42.5 mg	2%	85 mg	4%
<b>GHOST® EAA</b>	<b>2.75 G</b>		<b>5.5 G</b>	
L-Threonine	850 mg	†	1700 mg	†
L-Phenylalanine	850 mg	†	1700 mg	†
L-Lysine	750 mg	†	1500 mg	†
L-Methionine	187.5 mg	†	375 mg	†
L-Histidine	62.5 mg	†	125 mg	†
L-Tryptophan	50 mg	†	100 mg	†
<b>GHOST® BCAA</b>	<b>2.25 G</b>		<b>4.5 G</b>	
L-Leucine	1500 mg	†	3000 mg	†
L-Isoleucine	375 mg	†	750 mg	†
L-Valine	375 mg	†	750 mg	†
<b>GHOST® HYDRATION</b>				
Taurine	1000 mg	†	2000 mg	†
Raw Coconut ( <i>Cocos nucifera</i> ) Water Powder	500 mg	†	1000 mg	†
Welch's® Concord Grape Powder	475 mg	†	950 mg	†
Aquamin™ (trace minerals derived from Red Marine Algae)	250 mg	†	500 mg	†
<b>GHOST® ABSORPTION</b>				
AstraGin® ( <i>Astragalus membranaceus</i> ) and Panax <i>notoginseng</i> Root extracts	25 mg	†	50 mg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**V VEGAN FRIENDLY** **GF GLUTEN FREE** **SF SOY FREE**

AstraGin®, NuLiv Science USA.  
Aquamin™ is a trademark of Marigot Ltd.  
Welch's® is a registered trademark of Welch's Foods, Inc. used under license. © 2018 Welch's



OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural and Artificial Flavor, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Acesulfame Potassium, FD&C Red #40, FD&C Blue #1  
**ALLERGEN WARNING: Contains Tree Nuts (Coconut)**