

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



PARTY



ANYTIME

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.

California Prop 65 Warning: This product may expose you to chemicals 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.

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 LLC
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FOLLOW US @GHOSTLIFESTYLE



WWW.GHOSTLIFESTYLE.COM

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

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



40 | AMINO
SERVINGS | **EAA BCAA HYDRATION**
DIETARY SUPPLEMENT | NET WT. 13.8oz (390g)

GHOST 

SONIC



OCEAN WATER
NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (9.75 g) / 2 Scoops (19.5 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 g	†	1 g	†
Iron	1.5 mg	8%	3 mg	17%
Sodium	45 mg	2%	85 mg	4%
GHOST® EAA	2.75 G		5.5 G	
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	†
GHOST® BCAA	2.25 G		4.5 G	
L-Leucine	1500 mg	†	3000 mg	†
L-Isoleucine	375 mg	†	750 mg	†
L-Valine	375 mg	†	750 mg	†
GHOST® HYDRATION				
Taurine	1000 mg	†	2000 mg	†
Raw Coconut (<i>Cocos nucifera</i>) Water Powder	500 mg	†	1000 mg	†
Aquamin™ (trace minerals derived from Red Marine Algae)	250 mg	†	500 mg	†
GHOST® ABSORPTION				
AstraGin® (<i>Astragalus membranaceus</i> and <i>Panax notoginseng</i>) Root extracts	25 mg	†	50 mg	†

** Percent Daily Values (DV) 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.
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OTHER INGREDIENTS: Natural and Artificial Flavor, Citric Acid, Malic Acid, Sucralose, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Himalayan Pink Sea Salt, FD&C Blue #1 **ALLERGEN WARNING: Contains Tree Nuts (Coconut)**