

WHEN TO TAKE HYDRATION



FITNESS & SPORT



HEAT & SUN



AFTER PARTY



ANY TIME

GHOST® HYDRATION WAS CONCEIVED BECAUSE GOOD THINGS COME TO THOSE WHO SWEAT*

WHY HYDRATION?

FULL SPECTRUM ELECTROLYTES*  Replenishes the 5 electrolytes lost in sweat

SUPERIOR SOURCE OF VITAMIN C  PureWay-C™ absorbs 2.3x faster & crushes the performance of other forms of Vitamin C*

ZERO SUGAR  Premium hydration without the added sugar

AUTHENTIC FLAVORS  We teamed up with SONIC™ to deliver truly unmatched flavors...your taste buds will thank us

SUPPLEMENT FACTS

Serving Size: 1 Stick (8.5 g)
Servings Per Container: 24

Amount Per Serving %DV

Calories 5

Total Carbohydrate 2 g 1%**

Total Sugars 0 g

Includes 0g Added Sugars

Vitamin C (as PureWay-C™) 150 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

Aquamini™ (trace minerals derived from Red Marine Algae) 500 mg

Sodium Citrate 323 mg

PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids) 195 mg

Himalayan Pink Sea Salt 192 mg

Senctiv® (Paxa notoginseng (root) and Rosa canina (fruit)) extracts 50 mg

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

† Daily Value not established.

OTHER INGREDIENTS: Natural and Artificial Flavor, Citric Acid, Maltic Acid, Gum Acacia, Sucralose, Tartaric Acid, Silicon Dioxide, Calcium Silicate, FD&C Blue #1.

MANUFACTURED FOR GHOST LLC 5651 S Edmond Street, Las Vegas, NV 89118, U.S.A. 1-844-GHOST-88 (446-7888)


VEGAN FRIENDLY  **GLUTEN FREE**  **SOY FREE**  **SUGAR FREE** 





- RICH IN ANTIOXIDANT VITAMIN C

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SUGGESTED USE:

Mix each stick (serving) of GHOST® HYDRATION with 12-14oz of water or beverage of choice. Vary amount of liquid to taste. Consume during or after exercise on training days or throughout the day to replenish electrolytes.




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.




Caution: 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.

*These statements have not been evaluated by the Food and Drug Administration.

MANUFACTURED IN THE U.S.A.  **IN A GMP COMPLIANT FACILITY**

SENCTIV®  **PUREWAY**  **SENCTIV**

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