

**SUGGESTED USE:** DO NOT EXCEED 2 SCOOPS (2 SERVINGS) PER DAY. Mix 1 scoop (1 serving) of GHOST® BURN with 5-6 oz of water or beverage of choice in the morning. New users, and those sensitive to stimulants should start with less than 1 scoop to assess their personal tolerance. Advanced users may take an additional 1 scoop (1 serving) 5-6 hours later or prior to exercise on training days. Consume daily and drink plenty of water.

**GHOST® BURN WAS CONCEIVED TO COMBAT DESTROYERS OF ANY KIND\***

**WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT EXCEED RECOMMENDATIONS FOR SUGGESTED USE.** Before using this product, consult a licensed, qualified healthcare professional, especially if: you are taking any prescription or over-the-counter medications or other dietary supplements, 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 or nursing, or trying to become pregnant. This product contains 150mg of Caffeine per serving and may not be suitable for individuals who are sensitive to caffeine. Do not consume caffeine from other sources while taking this product as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Do not use this product continuously for more than 8 weeks. Discontinue use two weeks prior to surgery. Consuming this product within 6 hours of bedtime may cause difficulty sleeping. Consume as part of a healthy diet and exercise program, and drink plenty of water.

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](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.

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WWW.GHOSTLIFESTYLE.COM

MADE 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.



**60 | BURN**  
SERVINGS | DIETARY SUPPLEMENT  
NET WT. 10.6oz (300g)



## SUPPLEMENT FACTS

Serving Size: 1 Scoop (5 g) / 2 Scoops (10 g)  
Servings Per Container: 60 / 30

Amount Per Serving	1 Scoop	%DV	2 Scoops	%DV
Calories	5		5	
Total Carbohydrate	<1 g	<1%**	1 g	<1%**
Total Sugars	0 g	†	0 g	†
Choline (as Choline Bitartrate)	200 mg	36%	400 mg	72%
Chromium (as Chromium Picolinate)	500 mcg	1429%	1000 mcg	2857%

### GHOST® BURN

GHOST® Carnitine	1500 mg	†	3000 mg	†
Acetyl-L-Carnitine HCl	750 mg	†	1500 mg	†
L-Carnitine L-Tartrate	750 mg	†	1500 mg	†
Choline Bitartrate	500 mg	†	1000 mg	†
L-Tyrosine	500 mg	†	1000 mg	†
KSM-66® Ashwagandha ( <i>Withania somnifera</i> ) Root extract	300 mg	†	600 mg	†
MitoBurn® (L-β-Aminoisobutyric Acid)	250 mg	†	500 mg	†
Natural Caffeine (from Coffee ( <i>Coffea spp.</i> ) Bean)	150 mg	†	300 mg	†
CapsiAtra® (delivering 1.5 mg Dihydrocapsiate per scoop)	65 mg	†	130 mg	†
Cocoa ( <i>Theobroma cacao</i> ) Bean extract (providing 10mg Theobromine per scoop)	50 mg	†	100 mg	†
NeuroFactor™ Coffee ( <i>Coffea arabica</i> ) Fruit extract	50 mg	†	100 mg	†
Bitter Orange ( <i>Citrus aurantium</i> ) Fruit extract	30 mg	†	60 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, Malic Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Tartaric Acid, Spirulina (Color), Turmeric Root Extract (Color).

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

Synephrine content in the Citrus Aurantium is 15mg per serving (30mg/day).

CapsiAtra® is a registered trademark of Ajinomoto Co., Inc. KSM-66® is a registered trademark of Ixoreal Biomed, Inc. NeuroFactor™ is a trademark of VDF FutureCeuticals, Inc. MitoBurn® is a registered trademark of NIB Nutrition.

CapsiAtra® KSM-66 Ashwagandha NEUROFACTOR MITO BURN