

**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.

California Prop 65 Warning: This product may contain 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.**

MANUFACTURED FOR GHOST LLC  
170 S. Green Valley Parkway, Suite 300  
Henderson, NV 89012, U.S.A.  
1-844-6GHOST-88 (444-7888)

FOLLOW US @GHOSTLIFESTYLE



[WWW.GHOSTLIFESTYLE.COM](http://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. These products are 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**

**CHERRY LIMEADE**  
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		15	
Total Carbohydrate	2 g	1%	4 g	1%
Total Sugars	0 g	†	1 g	†
Iron	1 mg	6%	3 mg	17%
Sodium	55 mg	2%	110 mg	5%
<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 (Cocos nucifera) Water Powder	500 mg	†	1000 mg	†
Aquamin™ (trace minerals derived from Red Marine Algae)	250 mg	†	500 mg	†
<b>GHOST® ABSORPTION</b>				
AstraGin® (Astragalus membranaceus and Panax notoginseng) 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.  
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OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Sucralose, Malic Acid, Silicon Dioxide, Calcium Silicate, Sodium Citrate, Potassium Citrate, Acesulfame Potassium, Himalayan Pink Sea Salt, Tartaric Acid, FD&C Red #40, Pectin  
**ALLERGEN WARNING: Contains Tree Nuts (Coconut)**