SUGGESTED USE: Mix one scoop (1 serving) of GHOST® SIZE with 8-10oz of water or beverage of choice, such as GHOST LEGEND® or GHOST® BCAA, preferably within 30 minutes before or after exercise on training days. For best results, GHOST® SIZE should be taken consistently on both training/non-training days with plenty of water. Do not exceed 2 servings in a 24-hour period.

## **GHOST® SIZE WAS CONCEIVED TO MAKE GAINS FASTER THAN PHOTOSHOP\***

## 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 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. 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.

## 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

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

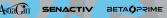
MANUFACTURED FOR GHOST LLC 5651 S Edmond Street Las Vegas, NV 89118, U.S.A. 1-844-GHOST-88 (446-7888)

\*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.



SUPPLEMENT F Serving Size: 1 Scoop (16.5 g) Servings Per Container: 30	A	נ י	T S
Amount P	er Serv	ing	%DV**
Calories		5	
Total Carbohydrate		1 g	<1%
Total Sugars		0 g	†
Includes Og Added Sugars			0%
GHOST® SIZE			
Creapure® Creatine Monohydrate (min. 99.9% Purity)	5000 ı	mg	†
Tingle-Reduced Beta-Alanine			
Beta-Alanine	3200 ו		†
BetaPrime* (Jujube (Ziziphus jujuba) Seed extract, L-Theanine, Celastrus (Celastrus paniculatus) Seed extra	400 ı ct)	mg	t
Betaine (Trimethylglycine)	2500 1	mg	†
Epicatechin (90%)	200 ו	mg	†
Senactiv <sup>®</sup> ( <i>Panax notoginseng</i> (root) & <i>Rosa roxburghii</i> (fruit)) extracts	50 ו	mg	†
AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts	50 ı	mg	†
** Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.			
FHER INGREDIENTS: Citric Acid, Malic Acid, Natural and Arti id, Silicon Dioxide, Calcium Silicate, Sucralose, Vegetable J			

🕐 VEGAN FRIENDLY 🔀 GLUTEN FREE 🚯 SOY FREE 🕲 SUGAR FREE





Astraüm<sup>®</sup> and Senactiv<sup>®</sup>, NuLiv Science USA, Inc. Creapure<sup>®</sup> Brand Creatine is an exclusive product of AI/Chem Trostberg GmbH, Germany BetaPrime<sup>®</sup> is licensed by Carnoba, LLC and protected by US Patents & foreign patents pending. WARHEAUS<sup>®</sup> is aregistered trademark of Impact Confections Inc.