

**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](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 IN THE U.S.A. IN A GMP COMPLIANT FACILITY**  
CONTAINS 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.

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**30 | SIZE**  
**SERVINGS | MUSCLE BUILDER\***  
DIETARY SUPPLEMENT | NET WT. 13.2oz (375g)

**GHOST**



**'NATTY'**  
NATURALLY FLAVORED

**SUPPLEMENT FACTS**

Serving Size: 1 Scoop (12.5 g)  
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	0	
Total Carbohydrate	0 g	0%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%

<b>GHOST® SIZE</b>		
Creapure® Creatine Monohydrate (min. 99.9% Purity)	5000 mg	†
<b>Tingle-Reduced Beta-Alanine</b>		
Beta-Alanine	3200 mg	†
BetaPrime® (Jujube (Ziziphus jujuba) Seed extract, L-Theanine, Celastrus (Celastrus paniculatus) Seed extract)	400 mg	†
Betaine (Trimethylglycine)	2500 mg	†
Epicatchin (90%)	200 mg	†
Senactiv® (Panax notoginseng (root) & Rosa roxburghii (fruit)) extracts	50 mg	†
AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts	50 mg	†

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Natural Flavor, Silicon Dioxide, Calcium Silicate, Organic Whole Leaf Stevia Extract

**V VEGAN FRIENDLY GF GLUTEN FREE SF SOY FREE S SUGAR FREE**

AstraGin SENACTIV BETA PRIME  
Creapure®  
AstraGin® and Senactiv®, NuLiv Science USA, Inc.  
Creapure® Brand Creatine is an exclusive product of AlzChem Trostberg GmbH, Germany  
BetaPrime® is licensed by CarnoCo, LLC and protected by US Patents & foreign patents pending.