

**24**  
ON-THE-GO  
STICKS

**SOUR  
THEN SWEET.**

# GHOST

**SOUR  
PATCH**  
Kids

**BLUE  
RASPBERRY**

NATURALLY AND ARTIFICIALLY FLAVORED

**24 | HYDRATION**  
ELECTROLYTES +  
DIETARY SUPPLEMENT  
24 - 0.32oz (9g) STICKS | NET WT. 7.62oz (216g)



**WATER  
YOU  
WAITING  
FOR?**

BE THE FIRST TO KNOW ABOUT NEW  
FLAVORS AND PRODUCT LAUNCHES

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App Store



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

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

GHOST® HYDRATION	
Taurine	1500 mg
Potassium Citrate	1036 mg
Magnesium Citrate	565 mg
Aquamin™ (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
Sensitiv® (Panax notoginseng root) and Rosa canina (fruit) extracts	50 mg
† Daily Value not established.	
** Percent Daily Values (DV) are based on a 2,000 calorie diet.	
†† Daily Value not established.	
Calories	5
Total Carbohydrate	1 g
Dietary Fiber	1 g
Total Sugars	0 g
Includes 0g Added Sugars	0%
Vitamin C (as PureWay-C™)	135 mg 150%
Calcium	60 mg 5%
Magnesium	83 mg 20%
Chloride	117 mg 5%
Sodium	150 mg 7%
Potassium	375 mg 8%
<b>AMOUNT PER SERVING %DV**</b>	

**SUPPLEMENT FACTS**

Serving Size: 1 Stick (9g)  
Servings Per Container: 24

**MANUFACTURED IN THE U.S.A.**  
MANUFACTURED FOR GHOST LLC 5651 S Edmond Street  
Las Vegas, NV 89118, U.S.A. 1-844-GHOST-88 (446-7888)  
SENACTIV PUREWAY  
Senactiv™, Maltiv Science USA, Inc. Aquamin™ is a trademark of Mergal Ltd.  
PureWay-C™ is a registered trademark of Innovation Laboratories, Inc. and is used here under license. U.S. and International patents pending.  
SOUR PATCH KIDS, SOUR PATCH KIDS logo, SOUR PATCH KID Design, and SOUR THEN SWEET are trademarks of Mondelez International group, used under license.  
CONTAINS BIOENGINEERED FOOD INGREDIENTS  
U.S. #1

**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. 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.

**STORAGE INSTRUCTIONS:** 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.

**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 as an electrolyte thirst quencher.

**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.**

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

**FITNESS**

**SPORT**

**REFRESH+**

**ANYTIME**