

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.

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

FOLLOW US @GHOSTLIFESTYLE



WWW.GHOSTLIFESTYLE.COM

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*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.

30 | SIZE
SERVINGS | MUSCLE BUILDER*
 DIETARY SUPPLEMENT | NET WT. 17.5oz (495g)



SOUR WATERMELON
 NATURALLY AND ARTIFICIALLY FLAVORED

GHOST

SUPPLEMENT FACTS

Serving Size: 1 Scoop (16.5 g)
 Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	<1%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%

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

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

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural and Artificial Flavor, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Vegetable Juice Powder (for color)

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



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 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.
 WARHEADS® is a registered trademark of Impact Confections Inc.