

SUPPORTS ELECTROLYTE RECOVERY*



ZERO SUGAR



CAFFEINE FREE



REPLENISHES ELECTROLYTES*



IMMUNE SUPPORT**



GHOST

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

LEMON CRUSH
NATURALLY AND ARTIFICIALLY FLAVORED



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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: 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.

*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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RICH IN ANTIOXIDANT VITAMIN C

VEGAN FRIENDLY | GLUTEN FREE | SOY FREE | SUGAR FREE

MANUFACTURED FOR GHOST LLC 5651 S Edmond Street, Las Vegas, NV 89118, U.S.A. 1-844-GHOST-88 (444-7888)

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural Flavor, Tartaric Acid, Steviol glycoside, Silicon Dioxide, Calcium Silicate, Beta-Carotene (for color).

SUPPLEMENT FACTS	
Serving Size: 1 Stick (9 g) Servings Per Container: 24	
Amount Per Serving	%DV
Total Carbohydrate	2g 1%**
Dietary Fiber	0g 0%**
Total Sugars	0g †
Includes 0g Added Sugars	0%**
Vitamin C (as PureWay-C™)	135mg 150%
Calcium	60mg 5%
Magnesium	83mg 20%
Chloride	117mg 5%
Sodium	150mg 7%
Potassium	375mg 8%
GHOST® HYDRATION	
Taurine	1500mg †
Potassium Citrate	1036mg †
Magnesium Citrate	565mg †
Aquamin™ (trace minerals derived from Red Marine Algae)	500mg †
Sodium Citrate	323mg †
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	195mg †
Himalayan Pink Sea Salt	192mg †
Senactly® (Panax notoginseng (root) and Rosa canina (fruit) extracts)	50mg †

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

SUGGESTED USE:
Mix each stick (serving) of 12-14oz 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 to replenish electrolytes.

WHY GHOST® HYDRATION?

- FULL SPECTRUM ELECTROLYTES*** Replenishes the 5 electrolytes lost in sweat
- SUPERIOR SOURCE OF VITAMIN C** PureWay-C™ absorbs 2.3x faster & crushes the performance of other forms of Vitamin C*
- ZERO SUGAR** Premium hydration without the added sugar
- EPIC FLAVORS** We deliver truly unmatched flavors... your taste buds will thank us

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

WHEN TO TAKE GHOST® HYDRATION

- FITNESS & SPORT
- HEAT & SUN
- AFTER PARTY
- ANY TIME



INFINITE POUCH - TRIM AREA REMOVED BY POUCH MACHINE

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