

SUPPORTS ELECTROLYTE RECOVERY*

TOP SEAL



ZERO SUGAR



CAFFEINE FREE



REPLENISHES ELECTROLYTES*



IMMUNE SUPPORT**

LASER SCORE

ZIPPER AREA

Template # 82913



GHOST

FRONT PANEL

SONIC



CHERRY LIMEADE

NATURALLY AND ARTIFICIALLY FLAVORED

24 HYDRATION

SERVINGS

ELECTROLYTES +
DIETARY SUPPLEMENT

24 - 0.32 oz (9.0 g) STICKS | NET WT. 7.62 oz (216 g)

BOTTOM GUSSET



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BOTTOM GUSSET

*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.

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.

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.

Not for use by women that are pregnant, nursing, or trying to become pregnant.

qualified healthcare professional. If you experience any adverse reaction to this product, history of any medical condition, immediately discontinue use and consult a licensed 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 of AGE OR OLDER. Before using this product, consult a licensed, qualified healthcare professional.

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER.



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RICH IN ANTIOXIDANT VITAMIN C

VEGAN FRIENDLY GLUTEN FREE SOY FREE SUGAR FREE

MANUFACTURED IN THE U.S.A.
CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

SENACTIV PUREWAY

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

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Sucralose, Gum Acacia, Silicon Dioxide, Calcium Silicate, FD&C Red #40, Acesulfame Potassium, Pectin.

SUPPLEMENT FACTS	
Amount Per Serving	%DV
Calories	15
Total Carbohydrate	3g 1%**
Total Sugars	0g
Includes 0g Added Sugars	
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%
GHOST® HYDRATION	
Taurine	1500 mg
Potassium Citrate	1036 mg
Magnesium Citrate	565 mg
Aquaminn™ (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
Senactiv® (Panax notoginseng (root) and Rosa canina (fruit)) extracts	50 mg

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

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 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
- AUTHENTIC FLAVORS** We teamed up with SONIC™ to 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

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

ZIPPER AREA

LASER SCORE

TOP SEAL

INFINITE POUCH - TRIM AREA REMOVED BY POUCH MACHINE

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INFINITE POUCH - TRIM AREA REMOVED BY POUCH MACHINE

SIDE SEAL

SIDE SEAL

SIDE SEAL

SIDE SEAL