

REPLENISHES  
5 ELECTROLYTES  
LOST IN SWEAT



996 MG TOTAL  
ELECTROLYTES



ZERO  
SUGARS\*



ZERO  
CAFFEINE



RICH IN  
ANTIOXIDANT  
VITAMIN C

ZERO  
CAFFEINE

SOUR  
THEN SWEET.

**GHOST**

HYDRATION DRINK

LESS THAN 1% JUICE

**NUTRITION FACTS**

Serving Size:	1 Bottle (500 mL)
Amount Per Serving	<b>10</b>
<b>CALORIES</b>	% Daily Value**
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
<b>Total Carbohydrate 3g</b>	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Calcium 60mg 4%	Potassium 700mg 15%
Vitamin C 90mg 100%	Vitamin B <sub>1</sub> 1.7mg 100%
Vitamin B <sub>12</sub> 2.4mcg 100%	Magnesium 126mg 30%
Chloride 70mg 4%	

Not a significant source of saturated fat, trans fat, dietary fiber, vitamin D, and iron.

\*\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FILTERED WATER, CITRIC ACID, POTASSIUM CITRATE, TRIMAGNESIUM CITRATE, VEGETABLE JUICE (FOR COLOR), NATURAL AND ARTIFICIAL FLAVOR, ASCORBIC ACID, SEAWEED-DERIVED CALCIUM CITRATE MALATE, TARTARIC ACID, HIMALAYAN PINK SEA SALT, SUCRALOSE, ACESULFAME POTASSIUM, PANAX NOTOGINSENG ROOT EXTRACT, ROSA ROXBURGHII FRUIT EXTRACT, PYRIDOXINE-HYDROCHLORIDE, CYANOCOBALAMIN.

MANUFACTURED FOR GHOST BEVERAGES LLC  
5651 S EDMOND STREET, LAS VEGAS, NV 89118, U.S.A.  
1-844-GHOST-88 (446-7888)

GHOST® HYDRATION	AMOUNT PER BOTTLE
Total Electrolytes	996 mg
Potassium	700 mg
Magnesium	126 mg
Chloride	70 mg
Calcium	60 mg
Sodium	40 mg
Aquamin™ Soluble (Seaweed-derived calcium citrate malate)	500 mg
Senactiv® (Panax notoginseng (root) and Rosa roxburghii (fruit) extracts)	50 mg
<b>V</b> VEGAN FRIENDLY	<b>GF</b> GLUTEN FREE
	<b>0</b> ZERO SUGARS*

SENACTIV® Aquamin

Senactiv®, NuLiv Science USA, Inc.  
Aquamin™ is a trademark of Marigold Ltd.  
SOUR PATCH KIDS, SOUR PATCH KIDS EYES, SOUR PATCH KID  
Design, SOUR THEN SWEET, and REDBERRY are trademarks  
of Mondelez International group, used under license.

@GHOSTHYDRATION | @GHOSTLIFESTYLE



www.DRINKGHOST.com

DO NOT USE IF SEAL IS BROKEN.  
SHAKE WELL BEFORE SERVING.  
REFRIGERATE AFTER OPENING.  
CONSUME WITHIN 3 DAYS AFTER OPENING.

\*GHOST® HYDRATION IS LOW IN CALORIES



CA CRV  
ME-H1 5c, CT-OR 10c

<b>GHOST</b>	<b>996MG</b> TOTAL ELECTROLYTES
<b>500MG</b> AQUAMIN™	<b>50MG</b> SENACTIV®
<b>100%</b> DAILY VITAMINS B <sub>6</sub> & B <sub>12</sub>	<b>100%</b> DAILY VITAMIN C

AMOUNT PER BOTTLE



REDBERRY®  
NATURAL & ARTIFICIAL FLAVOR  
HYDRATION DRINK

16.9 FL. OZ. (500 mL)