

**REPLENISHES
5 ELECTROLYTES
LOST IN SWEAT**



**996 MG TOTAL
ELECTROLYTES**



**ZERO
SUGARS***



**ZERO
CAFFEINE**



**RICH IN
ANTIOXIDANT
VITAMIN C**

GHOST	996MG TOTAL ELECTROLYTES
500MG AQUAMIN™	50MG SENACTIV®
100% DAILY VITAMINS B ₂ & B ₁₂	100% DAILY VITAMIN C
AMOUNT PER BOTTLE	

**0
SUGAR
PER BOTTLE**

**ZERO
CAFFEINE**

GHOST

HYDRATION DRINK

**ORANGE
SQUEEZE**

**NATURAL & ARTIFICIAL FLAVOR
HYDRATION DRINK**

LESS THAN 1% JUICE

NUTRITION FACTS

Serving Size:	1 Bottle (500 mL)
Amount Per Serving	15
CALORIES	% Daily Value**
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 4g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Calcium 60mg 4%	• Potassium 700mg 15%
Vitamin C 90mg 100%	• Vitamin B ₁ 1.7mg 100%
Vitamin B ₂ 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, FRUIT AND VEGETABLE JUICE (FOR COLOR), TRIMAGNESIUM CITRATE, ASCORBIC ACID, SEAWEED-DERIVED CALCIUM CITRATE MALATE, NATURAL AND ARTIFICIAL FLAVOR, XANTHAN GUM, 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
V VEGAN FRIENDLY	GF GLUTEN FREE
	0 ZERO SUGARS*

SENACTIV Aquamin
Senactiv®, NuLiv Science USA, Inc.
Aquamin™ is a trademark of Marigot Ltd.

#GHOSTHYDRATION | @GHOSTLIFESTYLE



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-HI 5c, CT-OR 10c

16.9 FL. OZ. (500 mL)