

REPLENISHES
5 ELECTROLYTES
LOST IN SWEAT



996 MG TOTAL
ELECTROLYTES



ZERO
SUGARS*



ZERO
CAFFEINE



RICH IN
ANTIOXIDANT
VITAMIN C

GHOSH	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

GHOSH

HYDRATION DRINK



NATURAL & ARTIFICIAL FLAVOR
HYDRATION DRINK

16.9 FL. OZ. (500 mL)

LESS THAN 1% JUICE

NUTRITION FACTS

Serving Size:	1 Bottle (500 mL)
Amount Per Serving	10
CALORIES	% Daily Value**
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 3g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Calcium 60mg 4%	Potassium 700mg 15%
Vitamin C 90mg 100%	Vitamin B ₂ 1.7mg 100%
Vitamin B ₁₂ 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, ASCORBIC ACID, SEAWEED-DERIVED CALCIUM CITRATE MALATE, NATURAL AND ARTIFICIAL FLAVOR, VEGETABLE JUICE (FOR COLOR), 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-GHOSH-88 (446-7888)

GHOSH® 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
Z 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.

*GHOSH® HYDRATION IS LOW IN CALORIES



CA CRV
ME-HI 5C, CT-OR 10c