

SUGGESTED USE: Mix 1 scoop (serving) of **GHOST® Size** with 8-10oz of water or beverage of choice, such as **GHOST® Whey**, preferably within 30 minutes after exercise on training days. For best results, **GHOST® Size** should be taken on both training/non training days with plenty of water. Do not exceed 2 servings in a 24-hour period.

GHOST® SIZE WAS CONCEIVED TO MAKE GAINS FASTER THAN PHOTOSHOP®

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT EXCEED RECOMMENDATIONS FOR SUGGESTED USE. Before using this product, consult a licensed, qualified health care 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. This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. Not for use by women that are pregnant, trying to get pregnant or nursing.

Consume as part of a healthy diet and exercise program, and drink plenty of water and/or performance beverage such as **GHOST® AMINO** to stay hydrated.

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. These products are not intended to diagnose, treat, cure, or prevent any disease.

 **MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY**

This product contains ingredients of international and domestic origin

GHOST® 170 S. Green Valley Parkway, Suite 300,
Henderson, NV 89012, U.S.A.
1-844-GHOST-88 (446-7888)

www.ghostlifestyle.com

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30 SIZE
MUSCLE BUILDER®
SERVINGS | NET WT. 348g (12.2 oz)



NEUTRAL
NATURALLY FLAVORED

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 1 Scoop (11.6 g)
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	0	
Total Carbohydrate	0 g	0%
Total Sugars	0 g	**
Includes 0g Added Sugars		0%
Calcium	26 mg	2%
Sodium	15 mg	1%
GHOST® Size		
Full Yield Creatine	5 g	†
Creatine Hydrochloride (3.21g delivering 2.5 Creatine)		
Creatine Monohydrate (2.84 g delivering 2.5g Creatine)		
Betaine (Trimethylglycine)	2.5 g	†
CarnoSyn® Beta-Alanine	2 g	†
Epicatechin (90%)	200 mg	†
AstraGin® (<i>Astragalus membranaceus</i> & <i>Panax notoginseng</i>) Root extracts	50 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.
†No Percent Daily Values have been established for these nutrients.

OTHER INGREDIENTS: SILICON DIOXIDE, CALCIUM SILICATE, XANTHAN GUM, SODIUM CITRATE, NATURAL FLAVOR

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