

SUGGESTED USE: Mix one scoop (1 serving) of GHOST® SIZE with 8-10oz of water or beverage of choice, such as GHOST LEGEND® or GHOST® BCAA, preferably within 30 minutes before or after exercise on training days. For best results, GHOST® SIZE should be taken consistently 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 healthcare 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. Not for use by women that are pregnant, nursing, or trying to become pregnant. Consume as part of a healthy diet and exercise program, and drink plenty of water.

California Prop 65 Warning: This product may expose you to chemicals known to the State of California to cause cancer, birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

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.

 **MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY**
This product contains ingredients of international and domestic origin

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

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*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.

30 | SIZE
SERVINGS | MUSCLE BUILDER*
DIETARY SUPPLEMENT NET WT. 14.8oz (420g)



GREEN SOUR APPLE
NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (14 g)
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	0	
Total Carbohydrate	<1 g	<1%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%

GHOST® SIZE

Full Yield Creatine	5 g	†
Creatine Hydrochloride (3.21g delivering 2.5g Creatine)		
Creatine Monohydrate (2.84g delivering 2.5g Creatine)		
Betaine (Trimethylglycine)	2.5 g	†
Beta-Alanine	2 g	†
Epicatechin (90%)	200 mg	†
AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts	50 mg	†

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

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Malic Acid, Silicon Dioxide, Tartaric Acid, Calcium Silicate, Sucralose, Xanthan Gum, Acesulfame Potassium, FD&C Yellow #5, FD&C Blue #1

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AstraGin®, NuLiv Science USA, Inc.