

24
ON-THE-GO
STICKS

SOUR
THEN SWEET.®

GHOST

SOUR
PATCH
Kids

BLUE
RASPBERRY

24 | HYDRATION
SERVINGS | ELECTROLYTES +
DIETARY SUPPLEMENT
24 - 0.32oz (9g) STICKS | NET WT. 7.62oz (216g)

NATURALLY AND ARTIFICIALLY FLAVORED



WATER
YOU
WAITING
FOR?

BE THE FIRST TO KNOW ABOUT NEW
FLAVORS AND PRODUCT LAUNCHES

@GHOSTLIFESTYLE
WWW.GHOSTLIFESTYLE.COM



GHOST® HYDRATION WAS CONCEIVED BECAUSE GOOD THINGS COME TO THOSE WHO SWEAT*



FITNESS



SPORT



REPLENISH*



ANYTIME

SUPPLEMENT FACTS

Serving Size: 1 Stick (9 g)
Servings Per Container: 24

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Vitamin C (as PureWay-C™)	135 mg	150%
Calcium	60 mg	5%
Magnesium	83 mg	20%
Chloride	117 mg	5%
Sodium	150 mg	7%
Potassium	375 mg	8%

GHOST® HYDRATION

Taurine	1500 mg	†
Potassium Citrate	1036 mg	†
Magnesium Citrate	565 mg	†
Aquamin™ (trace minerals derived from Red Marine Algae)	500 mg	†
Sodium Citrate	323 mg	†
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	195 mg	†
Himalayan Pink Sea Salt	192 mg	†
Senactiv® (Panax notoginseng (root) and Rosa canina (fruit)) extracts	50 mg	†

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

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

🌱 VEGAN FRIENDLY 🌾 GLUTEN FREE 🥚 SOY FREE 🚫 SUGAR FREE

SUGGESTED USE: Mix each stick (serving) of GHOST® HYDRATION with 12-14oz of water or beverage of choice. Vary amount of liquid to taste. Consume during or after exercise on training days or throughout the day as an electrolyte thirst quencher.

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. 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.

California Prop 65 Warning: This product may expose you to chemicals known to the State of California to cause cancer and 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.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MANUFACTURED IN THE U.S.A.
IN A GMP COMPLIANT FACILITY
CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

MANUFACTURED FOR GHOST LLC 5651 S Edmond Street
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SENACTIV **PUREWAY**

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CONTAINS BIOENGINEERED FOOD INGREDIENTS

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