

SUPPORTS ELECTROLYTE RECOVERY*



ZERO
SUGAR



CAFFEINE
FREE



REPLENISHES
ELECTROLYTES*



IMMUNE
SUPPORT**

24
ON-THE-GO
STICKS

GHOST

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

LEMON
CRUSH
NATURALLY AND ARTIFICIALLY FLAVORED



FIND
US
HERE

BE THE FIRST TO KNOW ABOUT NEW
FLAVORS AND PRODUCT LAUNCHES

@GHOSTLIFESTYLE
WWW.GHOSTLIFESTYLE.COM



Download the
GHOST App

WHEN TO TAKE GHOST HYDRATION



FITNESS
& SPORT



HEAT
& SUN



AFTER
PARTY



ANY
TIME

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

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	0 g	0%**
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: Citric Acid, Malic Acid, Natural Flavor, Tartaric Acid, Steviol glycoside, Silicon Dioxide, Calcium Silicate, Beta-Carotene (for color).

MANUFACTURED FOR GHOST LLC 5651 S Edmond Street, Las Vegas, NV 89118, U.S.A. 1-844-GHOST-88 (446-7888)

V VEGAN FRIENDLY GF GLUTEN FREE SF SOY FREE S SUGAR FREE



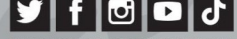
MANUFACTURED IN THE U.S.A.
IN A GMP COMPLIANT FACILITY
CONTAINS INGREDIENTS OF
INTERNATIONAL AND DOMESTIC ORIGIN

SENACTIV PUREWAY

Senactiv®, NuLiv Science USA, Inc. Aquamin™ is a trademark of Marigot Ltd.
PureWay-C™ is a registered trademark of Innovation Laboratories, Inc. and is
used here under license. U.S. and International patents pending.

* RICH IN ANTIOXIDANT VITAMIN C

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WHY GHOST HYDRATION?

FULL SPECTRUM ELECTROLYTES*
Replenishes the 5 electrolytes lost in sweat

SUPERIOR SOURCE OF VITAMIN C*
PureWay-C™ absorbs 2.3x faster & crushes the
performance of other forms of Vitamin C*

ZERO SUGAR
Premium hydration without the added sugar

EPIC FLAVORS
We deliver truly unmatched flavors... your taste buds
will thank us

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 to replenish electrolytes.



**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.