



HYDRATION DRINK

AUTHENTIC FLAVORS. ELECTROLYTES. ZERO SUGARS.*

Formulated for sport, made for life—GHOST® HYDRATION is the fully transparent, fully loaded, full-flavor hydration drink we've all been waiting for.*



**ZERO
CAFFEINE**

**REPLENISHES
5 ELECTROLYTES
LOST IN SWEAT**



996MG Total Electrolytes - After an intense workout, one of the most important things an athlete can do is replenish electrolytes lost from sweat. Athletes can lose anywhere from 200-1600MG of sodium per 2LB of sweat, or an average of about 800MG. Furthermore, although lost at smaller quantities during exercise, replenishing potassium, magnesium, chloride, calcium, and sodium should not be overlooked so we've added them at a whopping 996MG combined dosage to make sure you get all the benefits we've packed into **GHOST® HYDRATION**.*

500MG Aquamin™ - Derived from Red Marine Algae, Aquamin™ supports overall hydration in the body. This ingredient was a no brainer for our entire suite of **GHOST® HYDRATION** products.*

90MG Vitamin C - Vitamin C is a legendary antioxidant with a laundry list of benefits, ranging from immunity support to enhanced nitric oxide levels and has even been studied to reduce vascular tolerance to nitrates. We've included 90MG of Vitamin C in every bottle of **GHOST® HYDRATION**, which gets you 100% of the recommended daily value.*

50MG Senactiv® - Senactiv® aids in ATP (energy) production, recovery, endurance, and promotes healthy muscle cell regeneration. Enough said; it absolutely had to go in **GHOST® HYDRATION**.*

1.7MG Vitamin B₆ & B₁₂ - B-complex vitamins are known to offer many benefits, one of which being reducing excess fatigue that can be caused by dehydration. We've included both Vitamin B₆ and Vitamin B₁₂ at the full 100% recommended daily value, to ensure proper functioning of the electrolyte transport systems in the body, to keep you feeling 100.*

NUTRITION FACTS

Serving Size: 1 Bottle (500 mL)

Amount Per Serving
CALORIES 15

% Daily Value**

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	40mg	2%
Total Carbohydrate	4g	1%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein	0g	0%
Calcium	60mg	4%
Potassium	700mg	15%
Vitamin C	90mg	100%
Vitamin B ₆	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, NATURAL AND ARTIFICIAL FLAVOR, TRIMAGNESIUM CITRATE, VEGETABLE JUICE (FOR COLOR), ASCORBIC ACID, SEAWEED-DERIVED CALCIUM CITRATE MALATE, MALIC ACID, HIMALAYAN PINK SEA SALT, SUCRALOSE, ACESULFAME POTASSIUM, PANAX NOTOGINSENG ROOT EXTRACT, ROSA ROXBURGHII FRUIT EXTRACT, PYRIDOXINE HYDROCHLORIDE, CYANOCOBALAMIN.

GHOST® 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

VEGAN FRIENDLY GF GLUTEN FREE ZERO SUGARS*

SENACTIV® Aquamin™

*GHOST® HYDRATION IS LOW IN CALORIES

*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.

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