

It's ORANGE CREAM! Ghost Energy's Final 2021 Flavor

written by Mike Roberto | December 22, 2021

It's been about a year and a half since the groundbreaking launch of **Ghost Energy**, and the Ghost Lifestyle crew keep making the lineup better over time. The past few months, the team led by Dan Lourenço and Ryan Hughes have been teasing a new flavor – something *orange* – and it's now official:



Ghost Energy *Orange Cream* is upon us!

This one's not a collaborative effort like the Sour Patch Kids or WARHEADS, but you *could* say that it's a collab with *classicism*, because this is one classic flavor that simply has *not* been properly done in the energy drink space, in our opinions.

Mission accomplished: we consider this to be a *daily driver* flavor that isn't over-the-top like some of the sour flavors mentioned above.

We've been seeing Ghost Energy *all* over the place here in Texas – especially at HEB – and expect it to be *first* distributed in partnering grocery stores and the Vitamin Shoppe. Eventually, we hope you'll find it below on PricePLOW, where you can sign up for our Ghost Alerts:

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Ghost Energy Nutrition Facts and Ingredients

NUTRITION FACTS

Serving Size: 1 Can (16 fl oz)

Amount Per Serving

CALORIES 5

% Daily Value**

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	1g	<1%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	0g	0%
Vitamin C	90mg	100%
Vitamin B ₅	1.7mg	100%
Niacin (Vit. B ₃)	16mg	100%
Vitamin B ₁₂	2.4mcg	100%

Not a significant source of saturated fat, trans fat, dietary fiber, vitamin D, calcium, iron and potassium.

** 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: CARBONATED WATER, CITRIC ACID, NATURAL FLAVOR, CARNIPURE® L-CARNITINE L-TARTRATE, TAURINE, NATURAL CAFFEINE (FROM COFFEE BEAN), SUCRALOSE, ALPHA-GPC (ALPHA-GLYCERYL PHOSPHORYL CHOLINE 50%), SODIUM BENZOATE (PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE), ASCORBIC ACID, ACESULFAME POTASSIUM, NEUROFACTOR™ COFFEE (COFFEA ARABICA) FRUIT EXTRACT, ASTRAGIN® (10:1 ASTRAGALUS MEMBRANACEUS AND 50:1 PANAX NOTOGINSENG) ROOT EXTRACTS, NIACINAMIDE, PYRIDOXAL-5-PHOSPHATE, METHYLCOBALAMIN

GHOST® ENERGY	AMOUNT PER CAN
Carnipure® L-Carnitine L-Tartrate	1000 mg
Taurine	1000 mg
Natural Caffeine (from Coffee (Coffea spp.) Bean)	200 mg
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%)	150 mg
NeuroFactor™ Coffee (Coffea arabica) Fruit extract	100 mg
AstraGin® (10:1 Astragalus membranaceus and 50:1 Panax notoginseng) Root extracts	25 mg

1 VEGAN FRIENDLY 25 GLUTEN FREE 50 SOY FREE 20 SUGAR FREE

The Ghost Energy Ingredients (taken from the *Citrus* can)

You can read the details in our main article titled *Ghost Energy Drink: The Formula Keeps Getting Better*, but below is what to expect from each can – and it's *much* more than your standard energy drink:

- **Calories: 5**
- **Carbohydrates: 1g**

And for the active ingredients:

- **Carnipure L-Carnitine L-Tartrate – 1000 mg**
- **Taurine – 1000 mg**
- **Natural Caffeine (from Coffee Bean) – 200 mg**
- **Alpha-GPC 50% – 150 mg**
- **NeuroFactor Coffee Fruit Extract – 100 mg**
- **AstraGin – 25 mg**

Again, the full label is explained in our main **Ghost Energy Drink** article.

Something orange... our Orange Cream beta sampling

While this one's been shown here and there on the Ghost Lifestyle YouTube Channel (in their must-watch *Building the Brand* series), we also had a chance to beta sample this one in a visit made to Ghost Lifestyle HQ:

SUBSCRIBE ON YouTube

It's great because it's *not* like most other energy drink flavors. It hits the creamy angle as well as the orange, without being too "sharp" and "metallic" like most other energy drinks.



A closeup look at 2021's latest and greatest from Ghost

All Ghost Energy Flavors

Orange Cream not for you? That's fine, you can find the rest of the flavors below:

Ghost Energy has everything from powerful and potent (such as the Sour flavors and Bubblicious) to incredible "daily drivers" like Citrus and Tropical Mango. Orange Cream definitely fits the latter of that category.

Epic end to an epic year

After an *incredible* launch season in 2020, Ghost entered 2021 very strong... and they're leaving even stronger. 2021 was *The Year of the V2*, with popular supplements like Ghost Legend, Ghost Pump, Ghost Burn, and Ghost Size getting upgrades. Numerous flavors and collab launches were also dropped, and you can scroll through our Ghost News page to see them all.

But it's not *all* powders at Ghost Lifestyle HQ – Ghost Energy needs lovin' too – and it's closing down the year in a big way.

We'll close this article with one simple question:

Protein bar wen?

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