

# Ghost Amino is Next for the Sonic Cherry Limeade Flavor Collab!

written by Mike Roberto | April 11, 2020



**Ghost** has become one of the most *influential* brands in the industry (if not *the* most influential), and although they have huge things planned for the future, it's incredible to look back on what they've accomplished. They were one of the first companies to use a fully disclosed label on all of their products, release a full spectrum essential amino acid formula, and partner with some of the biggest names outside of the supplement industry, like *Chips Ahoy!*, *Warheads*, *Swedish Fish*, *Sour Patch Kids*, and *Welch's Grape Juice*.

Because of these collabs and more, Ghost has taken flavoring to another level. But arguably one of their most notable collaborations launched in 2019 with *Sonic Cherry Limeade* flavored Ghost Legend. It sold out in less than *24 hours*, and instantly the Ghost Fam knew it would be one of the best-selling flavors to date. We've heard that Ghost nailed the Sonic Cherry Limeade perfectly, and it's way too good to only be available in one supplement.. luckily, that's not the case anymore!

## Ghost expands the Sonic Cherry Limeade roster

A few weeks back, Ghost announced that Sonic was rebranding, and that they would not only update the Ghost Legend label, but also launch **Sonic Cherry Limeade**

**Ghost Amino!** Slapping a new logo on the Legend tub wasn't enough! To "normies" it may be just a label, but to *Ghost*, mastering the small details is what helps differentiate them from the rest of the industry!

If you're a Ghost fan and don't watch the brand's weekly episode of "*Building the Brand*" then you're definitely missing out. Dan and Ryan always keep you updated on everything that's going on at the Ghost HQ, from "*Mail Time*" to flavor testing and product development, they show you the behind the scenes of making a successful company.

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Below, we give you our review on the new flavor, highlight some of the key features of Amino, and show you the new labels inspired by Sonic's rebrand. But before we get into all the details, sign up for PricePLOW's Ghost news and coupon alerts so you don't miss what's coming next!

## Ghost Amino – Deals and Price Drop Alerts

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## Sonic: America's Drive-In Gets A Fresh New Look

First let's kick things off by explaining what sparked Ghost to update their labels and add another product to the Cherry Limeade flavor series. After the massive success Ghost had with Cherry Limeade Legend, we assumed they would expand the line, but with Sonic's rebrand, they could not have picked a perfect time.



In case you're not familiar, Sonic is referred to as "America's Drive-in", since it's the nation's largest drive-in restaurant chain. Ever since they got their start in 1953, Sonic has grown into an iconic brand that's most well-known for their cool, refreshing, and delicious slushies. There are several places where you can pick up a slushie, but no one quite does it like Sonic, which makes this flavor collab that much sweeter.

Sonic continues to expand by launching new restaurants all over the United States. After having a huge year in 2019, they decided it was time to update their look, and did a fantastic job. It's simple, clean, and a lot more modern than the old logo. Ghost was even impressed after seeing what they came up with.

Having a massive brand like Sonic do a complete rebrand is a serious undertaking, since every single restaurant must get an update, and they have thousands of locations. Failure would literally be catastrophic. Of course, as soon as Ghost found out, they quickly got to work updating Legend's label and knew it was a great time to launch Amino in the iconic Cherry Limeade flavor as well. What a way to celebrate an epic rebrand!

## Ghost Amino Cherry Limeade: Ghost's Tribute To The Sonic Rebrand

Ghost Amino has been around since the brand launched, but just last year it was updated. It features all *nine essential amino acids (EAAs)*, a *hydration matrix*, and an *ingredient to boost absorption!* Not to mention Ghost Amino is *vegan-friendly, gluten-free, and soy-free*, so anyone can enjoy and reap the benefits

it has to offer. And of course just like any other Ghost product, it has a *fully-disclosed label* and since it's so stacked you get the option of doing a one or two scoop serving.

We're going to list the full formula down below, but if you want all the science behind each ingredient, then check out this post: *Ghost Amino V2 Improves the EAA Innovation for Ghostly Gains!*

Here's what you get from a *two-scoop serving* of Ghost Amino:

<b>SUPPLEMENT FACTS</b>				
Serving Size: 1 Scoop (9.9 g) / 2 Scoops (19.8 g)				
Servings Per Container: 40 / 20				
Amount Per Serving	1 Scoop	%DV**	2 Scoops	%DV**
Calories	0		5	
Total Carbohydrate	<1 g	<1%	2 g	1%
Total Sugars	0.5 g	†	1 g	†
Iron	1.5 mg	8%	3 mg	17%
Sodium	42.5 mg	2%	85 mg	4%
<b>GHOST® EAA</b>	<b>2.75 G</b>		<b>5.5 G</b>	
L-Threonine	850 mg	†	1700 mg	†
L-Phenylalanine	850 mg	†	1700 mg	†
L-Lysine	750 mg	†	1500 mg	†
L-Methionine	187.5 mg	†	375 mg	†
L-Histidine	62.5 mg	†	125 mg	†
L-Tryptophan	50 mg	†	100 mg	†
<b>GHOST® BCAA</b>	<b>2.25 G</b>		<b>4.5 G</b>	
L-Leucine	1500 mg	†	3000 mg	†
L-Isoleucine	375 mg	†	750 mg	†
L-Valine	375 mg	†	750 mg	†
<b>GHOST® HYDRATION</b>				
Taurine	1000 mg	†	2000 mg	†
Raw Coconut (Cocos nucifera) Water Powder	500 mg	†	1000 mg	†
Aquamin™ (trace minerals derived from Red Marine Algae)	250 mg	†	500 mg	†
<b>GHOST® ABSORPTION</b>				
AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts	25 mg	†	50 mg	†
** Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.				
<b>V VEGAN FRIENDLY   GF GLUTEN FREE   SF SOY FREE</b>				

Ghost Amino features a full spectrum of EAAs, hydration matrix, and absorption.

## Ghost EAA 5.5g

- L-Threonine – 1700mg
- L-Phenylalanine – 1700mg
- L-Lysine – 1500mg
- L-Methionine – 375mg
- L-Histidine – 125mg
- L-Tryptophan – 100mg

- **Ghost BCAA – 4.5g**
  - L-Leucine – 3000mg
  - L-Isoleucine – 750mg
  - L-Valine – 750mg
- **Ghost Hydration**
  - Taurine – 2000mg
  - Raw Coconut (*Cocos nucifera*) Water Powder – 1000mg
  - Aquamin (trace minerals derived from Red Marine Algae) – 500mg
- **Ghost Absorption**
  - AstraGin (Astragalus membranaceus and Panax notoginseng Root Extracts) – 50mg

## **Other Ingredients**

In order to achieve that classic Cherry Limeade flavor and color Ghost uses a combination of the following ingredients: *citric acid, malic acid, tartaric acid, calcium silicate, natural and artificial flavors, himalayan pink sea salt, sucralose, acesulfame potassium, and artificial colors.*

## **Ghost Amino: An All-Day EAA Plus Hydration Supplement**



Ghost Amino Sonic Cherry Limeade is one of the best flavors in our opinions!

Typically, amino acid based supplements are designed for intra workout in order to keep you anabolic during intense training sessions. But with Ghost being geared towards *lifestyle*, they even use it at parties and in the office on top of its normal use in the gym. Ghost Amino is really just a refreshing drink with an epic formula that can be enjoyed any time of the day, especially as a bridge between meals.

Although Ghost *Legend* Cherry Limeade is delicious, the one downfall is that it's a pre workout, which you normally just slam and before hitting the gym. So you can't really fully *enjoy* the flavor any time you want, especially late in evenings. With Cherry Limeade Ghost Amino, you can sip on it all day long if you want and crush any sweet tooth cravings you might have that try to derail you from your goals.

Instead of reaching for that sugary dense drink, grab Ghost Amino for a guilt-free treat. It's use goes beyond hitting the weights, and now that it comes in Cherry Limeade, you won't be able to resist the temptation. In our opinions, Ghost could not have picked a better product for this legendary flavor collaboration!

## **Available Flavors:**

Ghost Amino comes in a variety of delicious flavors that are sure to please anyone. This is not the first authentic flavor collab to get introduced to the product, since Ghost has already released it in Sour Green Apple Warheads and Welch's Grape Juice. But their stock flavors like mango and blue raspberry are amazing as well.

Here's an updated list of all Ghost Amino's available flavors:

It's important to note that Sonic Cherry Limeade Ghost Amino will only be available in the U.S. But if you still want a comprehensive amino acid product that tastes great, then check out the other flavors they offer, you won't be disappointed!

## Final Thoughts: Cherry Limeade Ghost Amino Is Legendary



Sonic Cherry Limeade Ghost Amino is refreshing and delicious.

We knew Ghost would be up to some big things in 2020, and early into the year they're starting out strong with the launch of Sonic Cherry Limeade Amino. There's nothing Ghost loves more than grabbing a cool, refreshing drink after a long day and they know you do too!

But, let's face it, with such a high sugar content, slushies can quickly become physique destroyers. Although it's fine to enjoy them once in a while (especially post weight training), you don't want to make them part of your daily routine. That's why Cherry Limeade Ghost Amino is a perfect substitute because it delivers that iconic taste with none of the calories or sugars. And if Sonic puts their stamp of approval on the label, then that's all we need to know!

Just like with Legend, we fully expect Cherry Limeade to be one of the best-selling Ghost Amino flavors, and don't be surprised if it sells out upon launch. This is just a piece of what Ghost has planned for 2020, so make sure to

subscribe down below to keep up with this ever-evolving brand!

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