

Ghost Glow: Mango Margarita Fuels Tropical Vibes

written by PricePLOW Staff | January 29, 2023

Back in 2020, Ghost Lifestyle released **Ghost Glow**, a beauty and wellness product that marked a new trend in the industry towards a focus on greater overall health. On January 25th, Ghost Glow received a makeover.

Ghost Glow V2 has a few ingredient changes, a brand new stick pack flavor, and a new consumable option with Glow Caps, all covered in the article linked above. It seems one of Ghost's first goals of the new year is to get all of its fans in *spring break shape*. You can read about them in our main article linked above, which has been updated to explain the new formulas.

In this article, we're here to explain a *new flavor*:

Mango Margarita: Sunshine and Good Vibes



Ghost Glow takes aim at bodily health both inside and out. Billed as a beauty and a detox supplement, its usage of ingredients like *Astrion*, *Setria L-Glutathione*, and *Verbasnol* combine to improve the look of your skin and the substance of your cells through their effects on the immune system and antioxidative properties.

Mango Margarita, then, seems to capture this vibrant image of good health to a tee. Evoking images of the sunny tropics and beautiful, smooth skin exposed, Ghost knows how to fit a flavor to a formula.

Even better, Mango Margarita comes in **stick packs**, one of our favorite

supplement package formats. Stick packs are *endlessly* convenient. Just grab one pre-dosed packet, throw it in your beach bag, and dump it in a water bottle when you're ready to taste some of that sweet, refreshing mango tang.

We're going to get into a summary of the ingredients in Ghost Glow, but first let's take a look at PricePLOW to see if there are any great deals on Ghost Glow.

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Ghost Glow V2 – How It Works

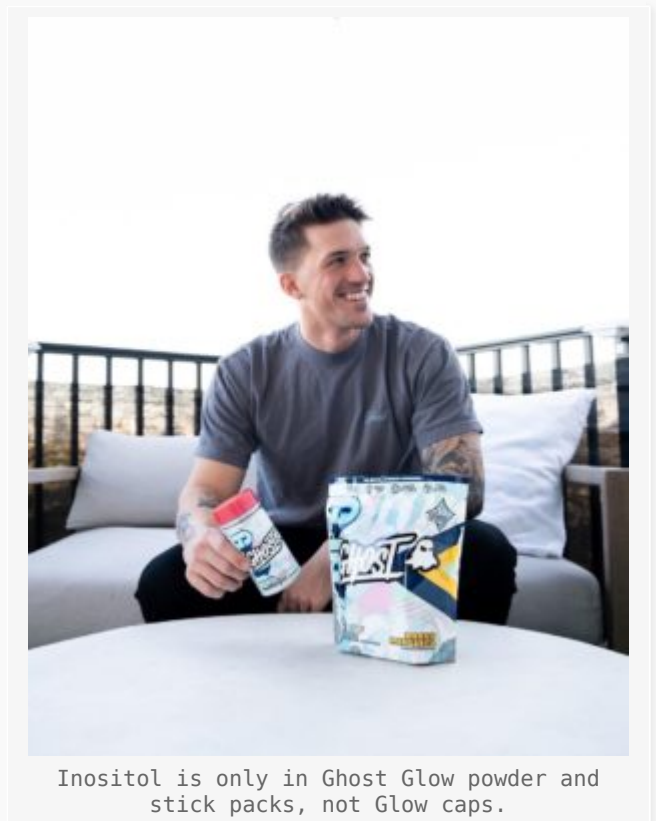
First and foremost, this new-and-improved version of Ghost Glow has removed **DIM**, added **hyaluronic acid**, and lowered the dosages of **inositol** and **selenium**. Every 7g stick pack includes the following ingredients:

SUPPLEMENT FACTS		
Serving Size: 1 Stick (7 g) Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	4 g	1%**
Total Sugars	0 g	†
Includes 0g Added Sugars		0%**
Vitamin C (as PureWay-C™)	500 mg	556%
Biotin	2500 mcg	8333%
Selenium (as Selenium Glycinate Chelate)	100 mcg	182%
Chromium (as Chromium Picolinate)	120 mcg	343%
GHOST® GLOW		
Inositol	2000 mg	†
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	667 mg	†
Astrion™ (Astragalus membranaceus (root) and Cnidella asiatica (whole plant)) extracts	250 mg	†
Setria® L-Glutathione	250 mg	†
L-Theanine	200 mg	†
Hyaluronic Acid (as Sodium Hyaluronate)	120 mg	†
Verbasno!™ (Rehmannia glutinosa) Leaf extract	50 mg	†
** Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.		
OTHER INGREDIENTS: Malic Acid, Citric Acid, Natural Flavor, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Stevia Leaf Extract, Gum Acacia, Beta-Carotene (for color), Beet Root Powder (for color)		
🌱 VEGAN FRIENDLY 🌾 GLUTEN FREE 🥛 SOY FREE 🍬 SUGAR FREE		

- Down from 4g in Glow V1, the dose of **inositol** has been lowered to 2,000mg. Inositol, also known as myo-inositol, is a *carbocyclic sugar* that has a similar structure to blood glucose and is therefore involved in a wide range of bodily processes. Affecting things like osmoregulation, hormonal signaling, and neurotransmitters, inositol supplementation has taken off as a way to keep

physiological systems humming along like a fine German automobile.

- **PureWay-C (667mg)**, a form of Vitamin C with improved bioavailability, has well-researched antioxidative properties. Vitamin C can boost *collagen type I* production and protect your skin from UV radiation, two extremely important components to maintaining proper skin health.
- **Astrion (250 mg)** is a trademarked ingredient from *NuLiv Science* that was formulated to nourish skin and boost that radiant glow. By increasing *type I collagen* production in the skin, Astrion helps to keep you looking young and healthy.
- **Setria L-glutathione (250mg)** is a unique tripeptide form of *glutathione* that has been shown in clinical trials to raise blood glutathione levels. Glutathione is composed of *cysteine, glycine, and glutamic acid*, and it plays a vital role in neutralizing free radicals and enhancing the production of antioxidant enzymes.
- **L-theanine (200mg)** is an amino acid that has been used extensively in the supplement industry for its role in promoting relaxation without drowsiness. Its mechanism of action stems from its role in boosting the synthesis of neurotransmitters such as *serotonin, GABA, and dopamine*.



Inositol is only in Ghost Glow powder and stick packs, not Glow caps.

- **Hyaluronic acid (120mg)**, a new addition to the Ghost Glow formula. It's known as an *osmolyte*, which can increase the volume of water in your cells, providing a whole-body hydrating effect.
- **Verbasnol (50mg)**, another trademarked ingredient from *NuLiv Science*, is

derived from *Rehmannia glutinosa* leaves and it helps keep the skin in tip-top shape via decreasing the occurrence of acne, inflammation, and yeast growth.

- **Biotin**, also referred to as *vitamin B7*, is a critical nutrient involved in the metabolism of carbs, fats, and proteins. Biotin deficiency can cause symptoms like hair loss, rashes, and scaly skin.
- **Selenium (200mcg)**, in the form of *selenium glycinate chelate*, is considered a trace mineral that is nonetheless considered a crucial element for health due to its involvement in DNA synthesis, thyroid hormone metabolism, and more.
- **Chromium (120mcg)** is an underrated nutrient that has been shown to enhance insulin sensitivity, resulting in a reduction in cravings, improved body composition, and potentially even cognitive benefits.

You can read the *full* scientific analysis and compare the powdered formula to the Ghost Glow Caps in our main *Ghost Glow* article.

All Ghost Glow flavors

Don't forget, Ghost Glow also comes in a variety of other delicious flavors. Check out our up-to-date list below:



Get that tropical glow

Until recently, the beauty and fitness supplement industries were largely

separate. Supplement companies stayed in whatever lane they were in. In typical Ghost fashion, they decided to join the wave towards a more holistic approach to health with products like Ghost Glow.

Glow V2 seems much more streamlined and optimized for results both inside and out. With some slight tweaks of inositol and selenium dosages, along with the addition of hyaluronic acid, Ghost seems to be *fine-tuning* Glow – it's always awesome to see companies revisiting older formulas and making them better, rather than quick releases followed by forgetting formulas exist.

Add in Ghost's everlasting ability to formulate delicious flavors, and Glow is a product *primed* for further success in the wellness space.

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