

Ghost Multi is Back! Level Up Your Micronutrient Intake

written by Mike Roberto | February 18, 2022

At the beginning of 2020, **Ghost** launched *Ghost Greens*, their first supplement developed for health and wellness, combining a total of 19 greens and reds with clinically-studied prebiotics, probiotics, and digestive enzymes.



A few months after the successful *Greens* launch, Ghost released *Ghost Glow*, an incredible anti-aging skin supplement. Shortly after, they again expanded the line with **Ghost Multi!** And in 2022, after a few updates and supply chain improvements, it's *back*

Ghost Multi: The Multivitamin Fit for Legends Makes its Return

Since 2020, there's been a huge increase in demand for well-formulated health supplements. Several brands that primarily focused on sports performance started offering products that support various health issues, including those that affect immune, digestive, cardiovascular, and skeletal systems.

After the massive success that Ghost experienced with *Ghost Greens* and *Glow*, co-owners Dan Lourenco and Ryan Hughes decided it was finally time to unleash *Ghost Multi*.

Ghost Multi stands out with its impressive ingredient profile – in just three capsules. It covers several micronutrient needs with highly bioavailable forms of 21 vitamins and minerals. Keep reading to learn more about the 2022 *Ghost Multi* updates and sign up for Ghost news and deal alerts so you're one of the

first to know when the company launches a new supplement, flavor, or runs an epic sale.

Ghost Multi – Deals and Price Drop Alerts

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Ghost Multi Ingredients

Ghost Multi is vegan friendly, soy-free, and gluten free. For optimal results, Ghost recommends taking three capsules per day with food— either split them up across three meals or take them all at once. Each bottle contains a month's supply of 90 veggie capsules.

Here's what one serving (three capsules) of Ghost Multi contains:

Vitamins and Minerals

MULTI**SUPPLEMENT FACTS**Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	<1g	<1%
Vitamin A (as Beta-Carotene)	6000 mcg	667%
Vitamin C (as PureWay-C™)	500 mg	556%
Vitamin D (as Cholecalciferol) (from VegD3®)	50 mcg	250%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate and d-Alpha Tocopherol (from EVNo1Max® 20%))	170 mg	1133%
Vitamin K ₂ (as MK-7 Menaquinone)	120 mcg	100%
Thiamin (Vitamin B ₁ as Thiamine Mononitrate)	75 mg	6250%
Riboflavin (Vitamin B ₂)	100 mg	7692%
Niacin (as Niacinamide)	100 mg NE	625%
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	100 mg	5882%
Folate	400 mcg DFE (240 mcg Folic Acid)	100%
Vitamin B ₁₂ (as Methylcobalamin)	100 mcg	4167%
Biotin	2500 mcg	8333%
Pantothenic Acid (Vitamin B ₅ as D-Calcium Pantothenate)	50 mg	1000%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Aspartate and Magnesium Oxide)	100 mg	24%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	15 mg	136%
Selenium (from Selenium Amino Acid Chelate)	200 mcg	364%
Copper (as TRAACS® Copper Bisglycinate Chelate)	3 mg	333%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	3 mg	130%
Chromium (from Chromium Picolinate)	200 mcg	571%
Molybdenum (from Sodium Molybdate)	80 mcg	178%
Lutemax® 2020 (Marigold (Tagetes erecta L.) Flower extract)	200 mg	†
Lutein (20 mg), Zeaxanthin (4 mg)		
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	667 mg	†
EVNo1Max® 20% (Natural Full Spectrum Palm Tocotrienol Complex)	100 mg	†
D-mixed tocotrienol (15.2 mg typically providing: Alpha-tocotrienol (4.89 mg), Gamma-tocotrienol (7.6 mg), Delta-tocotrienol (2.17 mg), Beta-tocotrienol (0.54 mg)), Phytosterol Complex (1 mg), Plant Squalene (500 mcg)		
BioPerine® Black Pepper (Piper nigrum) Fruit extract	5 mg	†
Boron (from Boron Citrate)	3 mg	†
Lycopene	1 mg	†
Vanadium (from Vanadyl sulfate)	100 mcg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Vegetable Capsule (Hydroxypropylcellulose), Magnesium Stearate, Silicon Dioxide

 VEGAN FRIENDLY
  GLUTEN FREE
  SOY FREE
  SUGAR FREE

The updated Ghost Multi Ingredients in 2022 now use PureWay-C as the source of Vitamin C!

Vitamin A (as Beta-Carotene) – 6,000mcg (667% DV)

- **Vitamin C (as PureWay-C) – 500mg (556% DV)**
- **Vitamin D (as Cholecalciferol) (from VegD3) – 50mcg (250% DV)**
- **Vitamin E (as d-Alpha Tocopheryl Acid Succinate and d-Alpha Tocopherol (from EVNo1Max 20%)) – 170mg (1133% DV)**
- **Vitamin K₂ (as MK-7 Menaquinone) – 120mcg (100% DV)**
- **Thiamin (Vitamin B₁ as Thiamine Mononitrate) – 75mg (6250% DV)**
- **Riboflavin (Vitamin B₂) – 100mg (7692% DV)**
- **Niacin (as Niacinamide) – 100mg NE (625% DV)**
- **Vitamin B₆ (as Pyridoxal-5-Phosphate) – 100mg (5882% DV)**
- **Folate – 400mcg DFE (240mcg Folic Acid) (100% DV)**

- **Vitamin B12 (as Methylcobalamin) – 100mcg (4167%)**
- **Biotin – 2500mcg (8333% DV)**
- **Pantothenic Acid (Vitamin B5 as D-Calcium Pantothenate) – 50mg (1000% DV)**
- **Iodine (from Potassium Iodide) – 150mcg (100% DV)**



- **Magnesium (from Magnesium Aspartate and Magnesium Oxide) – 100mg (24% DV)**
- **Zinc (as TRAACS Zinc Bisglycinate Chelate) – 15mg (136% DV)**
- **Selenium (from Selenium Amino Acid Chelate) – 200mcg (364% DV)**

- **Copper (as TRAACS Copper Bisglycinate Chelate) – 3mg (333% DV)**
- **Manganese (as TRAACS Manganese Bisglycinate Chelate) – 3mg (130% DV)**
- **Chromium (from Chromium Picolinate) – 200mcg (571% DV)**
- **Molybdenum (from Molybdenum Methionate) – 80mcg (178% DV)**

Additional Ingredients

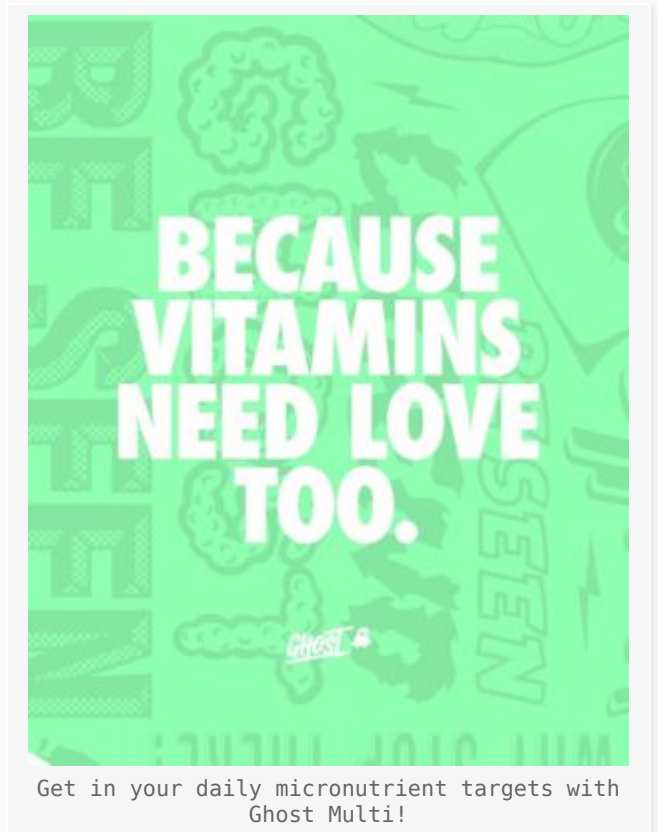
- **Lutemax 2020 (Marigold Flower Extract) – 200mg**
 - **Lutein – 20mg**
 - **Zeaxanthin – 4mg**
- **EvNolMax 20% (Natural Full Spectrum Palm Tocotrienol Complex – 100mg)**
- **Bioperine Black Pepper (Piper Nigrum) Fruit Extract – 5mg**
- **Boron (from Boron Citrate) – 3mg**
- **Lycopene – 1mg**
- **Vanadium (from Vanadyl Sulfate) – 100mcg**

Key Features of Ghost Multi

Instead of going over every vitamin and mineral in Ghost Multi, we're going to highlight what makes the supplement stand out from the competition.

Here are seven key features of Ghost Multi:

1. Optimized bioavailability



Bioavailability refers to the proportion of the ingredient that the body can properly uptake and utilize. PricePlow discusses the importance of bioavailability nearly every time we review a supplement because it's essential for optimal results. If your body fails to absorb a sufficient amount of an ingredient, it just gets excreted, thus wasting your money.

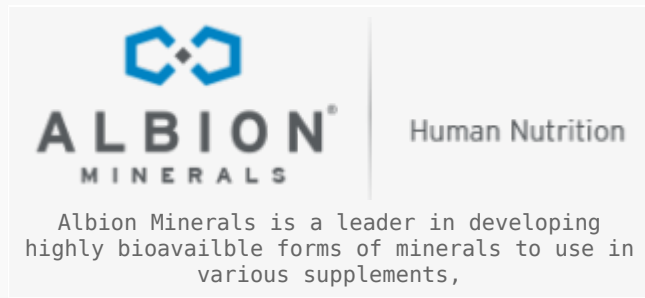
Unfortunately, a large percentage of multivitamin manufacturers release products containing cheap forms of vitamins and minerals with low bioavailability, which means you can actually become deficient if these are your main supplemental sources of micronutrients. Luckily, you don't have to worry about this issue with Ghost Multi because the company placed a huge emphasis optimizing bioavailability.

Ghost achieved this in two primary ways:

1. Using the highest bioavailable forms of each ingredient
2. Adding in the clinically-studied dose of Bioperine (black pepper extract)

The real amino acid chelate system

Here's an example of how the vitamins and minerals in Multi are of superior quality.



On the label, several minerals are accompanied by the acronym **TRAACS**, which stands for “*the real amino acid chelate system.*” Albion Minerals developed TRAACS to improve the bioavailability of minerals like zinc, copper, and manganese.

TRAACS is a patented process designed to improve mineral absorption by binding them to essential compounds that the body absorbs better. More often than not, the binding compound is the amino acid glycine (hence the name zinc bisglycinate chelate). Studies have shown that compared to forms like zinc oxide and zinc gluconate, zinc bisglycinate has superior absorption in the small intestine. [1]

The power of Bioperine

Bioperine, a trademarked form of black pepper extract developed by Sabinsa Corp., is standardized to contain 95% piperine, which is the primary bioactive constituent. Thanks to its ability to enhance ingredient absorption, you can find Bioperine in a variety of supplements, from pre-workouts to multivitamins.[2-4]



More research is needed to fully understand Bioperine’s mechanism of action, but it’s believed to inhibit numerous enzymes, such as P-glycoprotein and CYP3A4, decreasing the rate of glucuronidation and boosting the body’s thermogenesis.[2,3]

Also, Bioperine has been shown to enhance the uptake of fat-soluble and water-soluble vitamins, curcumin, CoQ10, resveratrol, iron, and selenium.[2,4] Ghost uses 5 milligrams of Bioperine to ensure that you’re getting the most out of Ghost Multi!

2. Vegan friendly (VegD3)

As we highlighted in the introduction, Ghost Multi is vegan friendly because they use veggie capsules and **VegD3** to supply you with 50 micrograms (2,000 IUs) of vitamin D. VegD3 is certified organic vitamin D3 that's sourced from 100%, non-GMO algae. Furthermore, VegD3 ingredients are registered with the Vegan Society and the Non-GMO Project; and it's halal, and kosher certified.[5]

All VegD3 ingredients are produced in compliance with the United States Pharmacopeia (USP) and under cGMP/HACCP quality standards.[5] Ghost specifically chose to use vitamin D3 over vitamin D2 because studies have shown that D3 is significantly more effective than D2.[6] A vegan-friendly source of vitamin D is essential for people who are deficient, those who can't get enough from sunlight, and for those who don't eat fish or other animal products.

3. Lutemax 2020

Lutemax 2020 is an award-winning marigold extract from OmniActive Health Technologies.[7] It's formulated to promote eye health, cognition, and overall well-being by enhancing the eye-brain connection.



Lutemax 2020 contains the three primary macular carotenoids: lutein, RR-zeaxanthin, and RS-zeaxanthin.[7] Each macular carotenoid absorbs different wavelengths of light. Thus, when used in combination, they absorb a broader spectrum blue light and offer more protection to retinal tissue.[7]

Lutein and zeaxanthin may also provide extra cognitive benefits since they readily cross the blood brain barrier and are heavily involved in memory and processing information.[7]

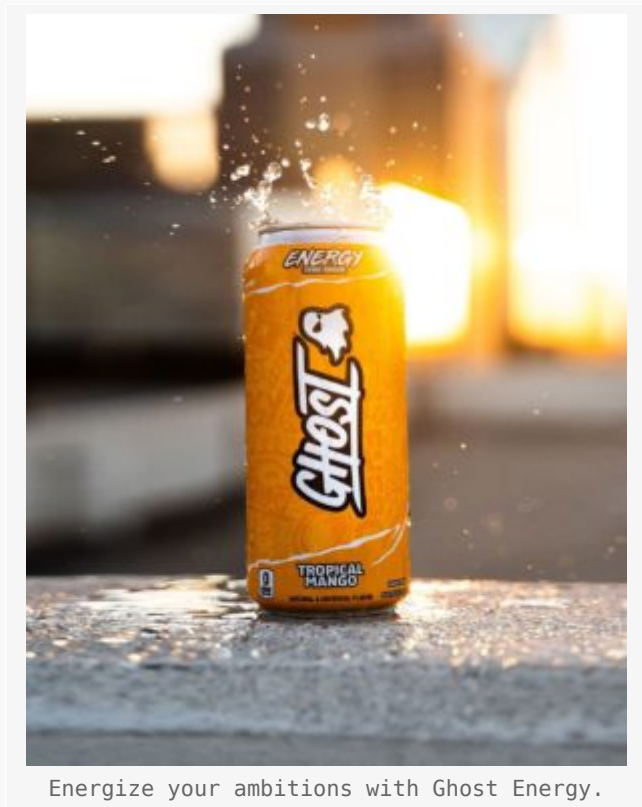
Lutemax 2020 has been scientifically proven to increase serum levels of lutein and zeaxanthin in just two weeks, enhance markers of visual performance, decrease symptoms of prolonged blue light exposure (eye strain, headaches, and fatigue), reduce stress and cortisol levels, and improve both cognitive function and brain-derived neurotrophic factor (BDNF).[7]

Lutemax 2020 is an ingredient that PricePlow doesn't see in multivitamins very often. But, considering how much people stare at screens (phones,

laptops, tablets etc.) on a daily basis, which emit harmful blue light, we appreciate that Lutemax 2020 is included in Ghost Multi.

4. EvNolMax – supplies all eight forms of vitamin E

Ghost Multi is one of the only multivitamins that includes all eight forms of vitamin E (alpha-, beta-, gamma-, and delta- tocopherol, and alpha-, beta-, gamma-, and delta-tocotrienol).[8]



Vitamin E is a fat soluble vitamin that acts as a potent antioxidant, thus it prevents oxidative stress, protects cell membranes, and regulates platelet aggregation.[8] Furthermore, vitamin E expresses anti-cancer and anti-cardiovascular disease properties, boosts your immune system defenses, and reduces the risk of developing cataracts and Alzheimer's disease.[8]

Tocopherol and tocotrienol both have a chroman ring as the head of their chemical structure, however they're differentiated by their side chains. Tocopherol has a saturated side chain, whereas tocotrienol has an unsaturated side chain.

This is why tocotrienol is known as unsaturated vitamin E. Despite these slight structural differences, tocopherol and tocotrienol carry out different functions. So it's great that Ghost Multi is supplying all eight forms for maximal benefits.[9]

For vitamin E, Ghost Multi uses **EvNolMax** from ExcelVite. It's a water dispersible, all-natural, full spectrum tocotrienol/tocopherol complex extracted from the red palm fruits. EvNolMax is Non-GMO, kosher, and halal certified. In addition, the palm tocotrienol complex is generally recognized as safe (GRAS) by the FDA.[9] EvNolMax is rich in vitamin E and contains other phytonutrients, including phytosteroids, co-enzyme Q10, carotenoids, and plant squalene.

5. High vitamin C content – Provided by PureWay C!

Vitamin C is a water soluble vitamin that plays an important role in the immune system by serving as a powerful antioxidant. Research has shown that vitamin C can help increase the activity of numerous cells involved in your innate and adaptive immune system.



Ghost Amino is refreshing, delicious, and promotes recovery.

A study from *Nutrients* noted that vitamin C:

- Increases phagocytic cell activity
- Is needed for apoptosis (programmed cell death induced by natural killer cells to eliminate those infected by bacteria or virus)
- Decreases necrosis/tissue damage
- Enhances proliferation and differentiation of T-cells and B-cells
- Supports the epithelial barrier

- Acts as a cofactor for monooxygenase and dioxygenase enzymes, which contribute to the synthesis of collagen, carnitine, catecholamine hormones[10]

Due to vitamin C's many essential roles, Ghost ramped up the dosage to 500 milligrams per serving, which is 556% of the daily value. Although we have seen this high of a dosage in immune system supplements, it's quite rare to see it in a comprehensive multivitamin.

PureWay-C!

Even better, the 2022 version utilizes **PureWay-C**, which claims a 233% higher retention rate and four clinical trials with no side effects.[11-14] In a 2008 study that tested PureWay-C against three other forms of vitamin C (ascorbic acid, calcium ascorbate, and ascorbate-calcium threonate-dehydroascorbate [Ester-C]), the researchers concluded the following:

PureWay-C supplementation leads to the highest absolute serum vitamin C levels when compared to AA, CaA and Ester-C. PureWay-C provides a statistically significant greater serum level than calcium ascorbate at 1, 2, 4, and 6 hours post oral supplementation whereas Ester-C shows a less but slightly statistically significant increase at only 1 and 4 hours[11]

6. MK-7 Menaquinone (Vitamin K2 source)

Vitamin K is a fat soluble vitamin that's primarily found in leafy green vegetables, eggs, meat, liver, and fermented foods. Two forms of vitamin K are naturally occurring: vitamin K1 (phylloquinone) and vitamin K2 (menaquinones, MK-n). Vitamin K1 is mostly present in leafy green vegetables, whereas vitamin K2 is in animal products and fermented foods. The two main forms of vitamin K2 that are used in dietary supplements are MK-4 and MK-7.

Studies show that the MK-7 found in Ghost is easy to absorb and effectively raises vitamin K2 serum levels, whereas MK-4 has little to no effect on serum levels.[15] Therefore, when looking for a vitamin K2 supplement, make sure that the source is MK-7 or else you're wasting your money and won't get the benefits you're expecting.

Ghost Sets The Standard For Multivitamins

In the supplement industry, Ghost is known for collaborating with some of the most popular brands in the world and releasing fun flavors like Sour Patch Kids,

Warheads, Chips Ahoy, Nutter Butter, Welch's Grape Juice, Bubblicious, and Swedish Fish.



The best is yet to come from Ghost.

Ghost started out as a company that focused strictly on sports performance with protein powder, pre-workouts, and amino acids, but they've drastically expanded their reach into other categories.

This year, Ghost has placed a big emphasis on health/wellness with the release of three high quality supplements: Ghost Greens, Ghost Glow, and Ghost Multi. However, they didn't just blindly put out these supplements to make a few bucks. The company spent months perfecting their formulations, flavors, and packaging to really stand out amongst the fierce competition that exists in the health/wellness industry.

It didn't take long for Ghost to dominate the greens powder and beauty/detox categories. And we wouldn't be surprised if the Ghost Multi takes off as well. Every year, Ghost does bigger and better things, so make sure to subscribe below to stay up to date with a brand that's changing the industry.

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