

Late Summer Heat? Cool Off with Ghost Size LIME! (2019 Limited Edition)

written by Mike Roberto | August 31, 2019

Ghost Lifestyle has been on an *absolute tear* in 2019 (feels like we say this a lot), as the brand has hit us with a little bit of *everything*. Their new products have lived up to their standards, with Ghost Vegan Protein being one of our *favorite* non-dairy protein powders of the year.



Introducing Ghost Size Lime – tossing a combo of citrus and *muscle-building* into the mix!

The ultra-hot brand's repertoire of game-changing collaborations has grown too, thanks to new partnerships with brands like Sonic[®] and Chips Ahoy[®]! We've also seen a *bunch* of new flavors – some crazy and others a bit more traditional – that have blown us away.

Foot on the gas from summer into fall: **LIME** Flavored SIZE

Because Ghost likes to keep their foot on the gas, they've released yet another new variation, this time in their *muscle-building* formula, **Ghost Size**. Joining the Size flavor line-up is **Lime**! We've seen Ghost utilize this refreshingly sweet, slightly tart flavor before, most notably in the Ghost Christian Guzman *Blue Lime* flavor! This one is a bit different – (it's not blue!) – but still rumored to be just as tasty!

Read on to find out a bit more about Ghost Size and its new flavor, as well as where you can find it in stock. When it's available, it'll be highlighted below. For some help in regards to that later point, make sure you're subscribed to

PricePLOW so we can help you find great deals when you decide you want to get your hands on this formula!

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Ghost Size Lime – a *sweet* way to build *muscle*

When it comes to flavoring supplements, you'd be hard-pressed to find anyone who does so *as well* and *as consistently* as Ghost. Every time a new flavor hits the shelves, it surpasses any expectations we may have developed before giving it a try!



The 'epic' creatine supplement has been upgraded in Ghost Size V2! Learn about it in insane detail here on PricePLOW

Ghost continuously tries to diversify their flavoring range, and as such, this variate of Ghost Size happens to be the first *true lime* flavor from the brand. For those who don't want the *neutral* flavor or one of the epic WARHEADS flavors, this will be a great change-up. As the temperatures got stronger in the summer

of 2019, however, Ghost clearly took notice – they began experimenting with more *summer-themed* flavors, specifically within the *citrus* family.

Legend Grapefruit brought a rather unique (and realistic!) flavor for a pre-workout that puts the tart taste of grapefruit to good use, while even going as far to *texture the product packaging like the fruit!* On somewhat of a citrus kick, Ghost Size Lime follows that up with a *great* lime flavor, one that we would have no problem sipping on *any time* of day!

Sure, we'd have no issues tossing Ghost Size into our daily regimen regardless, but a refreshing lime flavor makes it *all that much* more enjoyable!

Ingredients – Why Ghost Size?

Training has its obvious benefits, both physical and mental. Regardless of your training methods or your motivation to exercise, one of the most common goals people set when starting a training program is to *build muscle*. In fact, packing on lean mass is often what drives most people to start intensely lifting, and therefore, having a bit of help in this department can go a long way!

SUPPLEMENT FACTS		
Serving Size: 1 Scoop (14.1 g)		
Servings Per Container: 30		
	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	<1%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Potassium	13 mg	<1%
GHOST® SIZE		
Full Yield Creatine	5 g	†
Creatine Hydrochloride (3.21g delivering 2.5g Creatine)		
Creatine Monohydrate (2.84g delivering 2.5g Creatine)		
Betaine (Trimethylglycine)	2.5 g	†
Beta-Alanine	2 g	†
Epicatechin (90%)	200 mg	†
AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts	50 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Using *five* total ingredients, Size delivers on the promise its title implies!

Ghost Size was designed *specifically for one thing* – *building muscle*. It utilizes some of the top muscle-building ingredients on the market, working together to help you properly recover from training and grow! A full review on this awesome formula is coming *soon*, but in the meantime, here's a quick rundown:

- **5g of creatine**, delivered in two forms – – **monohydrate** and **hydrochloride** – that are dosed to get an equal and *full* yield. The latter of the two is generally a bit easier on the stomach for those who are sensitive.
- **Betaine** and **beta-alanine**, two of the most common supplemented ingredients in the industry, to help *enhance power* and *endurance!*

- **Epicatechin**, which has become *increasingly popular* these days, and for good reason – it's an all-around muscle growth promoter!
- **AstraGin**® to help efficiently absorb everything!

Every ingredient in this formula serves its own individual purpose, while simultaneously working synergistically with each other! At the end of the day, that means one thing – *lean size*!

Ghost Size flavor options



As much as we love this new Lime flavor, we still have to remain realistic – not everyone is a fan of citrus! We could rave about this flavor all day, but the truth of the matter is that no matter what flavors you enjoy (or don't), Ghost likely has one for you!

If Lime isn't your thing, check out the other flavors you find Ghost Size in! And if you want to get really *crazy*, feel free to mix Lime with one of these other flavors from Ghost – how do you think someone discovered *cherry limeade*, anyways?!

Conclusion – Ghost continues their *incredible* run!



Ghost has made a name for themselves thanks to their unique approach to supplements – lifestyle-based, *incredibly-tasting* flavors, and powerful formulas. In fact, you could even call them *trailblazers* when it comes to releasing new flavors – they’ve come up with some *crazy* tasting products, thanks to strong collaborative partnerships. However, just as some people have flavors they enjoy and don’t enjoy, some people just can’t always get behind some incredibly unique flavors. Sometimes, something a bit more *regular* is what they’re after!

That doesn’t mean they can’t enjoy a well-formulated, *great-tasting* supplement, though! Ghost Size Lime is a perfect example – it’s not trying to break new ground, but *reinforce* an already solid product! If you like lime, and you’re looking for some help packing on muscle, this one might just be for you!

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