

Ghost Sour Patch Kids Pineapple Back in BCAA & Gamer

written by Mike Roberto | July 12, 2022

Sour. Sweet. Gone? Ghost X Sour Patch Kids Pineapple is back for Summer 2022!

Nearly *four* years after the launch of the monumental collaboration between Ghost and Sour Patch Kids (dubbed “*Project X*”), the hits keep coming from the duo. On July 18, 2022, Ghost Lifestyle is re-launching their hit flavor collaboration with the popular candy brand: **Ghost Sour Patch Kids Pineapple**.



Ghost X Sour Patch Kids Pineapple is back in BCAA and Gamer!

This surprise launch caught us as off-guard as the novel flavor itself, which sports pineapple with a wild hit of coconut... along with the legendary Sour Patch punch! As with all “SPK” collabs, it starts sour, then finishes sweet – just like the candy itself.

This flavor system was first released in 2021, and for its 2022 return, it’s available in *Ghost Gamer* and *Ghost BCAA*, so you can either get some for nootropic energy (Ghost Gamer) or have some quality sippin’ time as you toss some extra aminos into your day (Ghost BCAA).

They land on July 18th, which is National Sour Candy Day! The formulas and our flavor review are below, but if you haven’t already, sign up for our Ghost supplement news alerts, so you get notified with all of the latest and greatest Ghost Lifestyle updates:

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Sour Patch Kids Pineapple



The SPK Pineapple flavor was originally introduced by the famous candy company in 2017, when they launched the *Sour Patch Kids Tropical* box. Inside, there were the familiar-shaped candies, but with tropical flavors of Tropical Twist (orange), Paradise Punch (pink), Passion Fruit (purple), and of course, the *white ones – Pineapple!*

So while this Ghost flavor collab focuses only on the *pineapple* flavor, it *could* open the door for the other sour flavors in the future.

What is Ghost Gamer?

Ghost Gamer is Ghost's gaming supplement that's built for anyone looking for a bit of energy and a nootropic edge. With 150 milligrams of caffeine and a clinically-supported 1.6 gram dose of Nutrition21's *nooLVL* gaming supplement ingredient, it's designed to boost anyone ranging from casual gamers to the most advanced Esports athletes.

Ghost Gamer is already available in Sour Patch Kids *Redberry* and *Blue Raspberry*, but now, team *Yellow* has entered the chat. It joins a growing number of flavors that are boosted with cognition-supporting nootropics like *nooLVL*, L-tyrosine, citicoline, natural caffeine boosted by hydration-enhancing taurine and coconut water powder. It's all tied together with vitamins and minerals, and amplified with NuLiv Science's famous *AstraGin* ingredient absorption booster.



The details of each ingredient can be found in our main **Ghost Gamer** article, with embedded videos to help explain.

All Ghost Gamer flavors available

What is Ghost BCAA?



BCAA is back for more SPK Pineapple in 2022!

Ghost BCAA is a *branched chain amino acid* supplement, providing additional *leucine, isoleucine, and valine* to your diet. These supplements are generally taken during workouts – especially for fasted cardio when you’d like to keep some leucine in the bloodstream to prevent catabolism (muscle breakdown).

The BCAAs are joined by *AstraGin*, an absorption-enhancing ingredient that works fantastically with amino acids. The product tastes great and provides one of the best values in the Ghost Lifestyle lineup.

We have to note that when it comes to *performance* and muscle *building*, Ghost *Amino* is a more powerful formula, with a full spectrum of *all* nine essential amino acids and more. However, it’s more difficult to flavor (although Ghost does a *superb* job) and costs more. As we write this, there are no Sour Patch Kids collaborative flavors with Amino, so if you want team SPK, Ghost BCAA is where it’s at.

All Ghost BCAA flavors available



The Ghost Sour Patch Kids Collab charges forward

When Ghost announced this collaboration in 2018, our minds were blown. A new paradigm had entered the supplement space, and the space has not been the same since. Since then, we’ve seen *countless* other collaborations (you can see them all on our Ghost supplement news page), few more impressive than Ghost Whey OREO – a flavor that they were told would *never* happen. 2022 even brought us a Ghost

X Teenage Mutant Ninja Turtles collab!

It just goes to show, don't bet against the Legends. Sour Patch Kids Pineapple may not be as groundbreaking as the original Project X unveiling, but it shows that these relationships are going well, and we can count on Ghost to keep them coming – and keep our taste buds entertained.

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Our 2021 Ghost X Sour Patch Kids Pineapple Video

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