

DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY with 5-6oz of water or beverage of choice. Vary amount of liquid to taste.

GHOST® WHEY WAS CONCEIVED TO FEED SAVAGERY AROUND THE CLOCK



BREAKFAST **POST WORKOUT** **THROUGHOUT THE DAY** **BEFORE BED**

LEGENDS DON'T ALWAYS USE A SHAKER

GHOST® WHEY is versatile AF. Use it in smoothies, protein ice cream, oats, pancakes and baked goods. Get inspired at ghostlifestyle.com

WARNING: This product is only intended for healthy adults. Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. CONTENTS SOLD BY WEIGHT NOT VOLUME, SOME SETTling MAY OCCUR.

MANUFACTURED FOR GHOST LLC
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WWW.GHOSTLIFESTYLE.COM

MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY
CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

CA PROP 65 WARNING: This product may expose you to chemicals including lead known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.



GHOST



WHEY PROTEIN
26 SERVINGS | NET WT. 2lb (924g)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

130 CALORIES | **25G** PROTEIN
CEREAL MILK®
 NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 26 Servings per Container
Serving Size: 1 Rounded Scoop (34.5 grams)

Amount Per Serving	130	% Daily Value**
CALORIES		
Total Fat 1.5g		2%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 40mg		13%
Sodium 150mg		7%
Total Carbohydrate 4g		1%
Dietary Fiber 0g		0%
Total Sugars 2g		
Includes 0g Added Sugars		0%
Protein 25g		50%
Vitamin D 0mcg		0%
Calcium 134mg		10%
Iron 0mg		0%
Potassium 110mg		2%

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.
 Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whey Protein (Whey Protein Isolate 90% (Sunflower Lecithinated), Whey Protein Concentrate 80% (Sunflower Lecithinated), Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavor, Salt, **Digestive Enzymes** (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose
Contains: Milk

FULL DISCLOSURE PROTEIN	Whey Protein Isolate 90%	14.53g Delivering 12.5g Protein
	Whey Protein Concentrate 80%	13.16g Delivering 10g Protein
	Hydrolyzed Whey Protein Isolate	2.98g Delivering 2.5g Protein

NO AMINO SPIKING **SO** SOY FREE **GF** GLUTEN FREE



BE SEEN®