



**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](http://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**  
5651 S Edmond Street  
Las Vegas, NV 89118, U.S.A.  
1-844-GHOST-88 (446-7888)

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

FOLLOW US @GHOSTLIFESTYLE  
     
[WWW.GHOSTLIFESTYLE.COM](http://WWW.GHOSTLIFESTYLE.COM)

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](http://www.P65Warnings.ca.gov).



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

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

**120** CALORIES | **25g** PROTEIN  
**COFFEE ICE CREAM**  
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS	
Approx. 28 Servings per Container	
Serving Size:	1 Rounded Scoop (33 grams)
Amount Per Serving	
CALORIES	120
% Daily Value**	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 95mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 0mg	0%
Potassium 112mg	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, 100% Colombian Coffee, Salt, **Enzymes** (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose, Acesulfame Potassium  
**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    SOY FREE    GLUTEN FREE		

