

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, oats, protein ice cream, pancakes and baked goods. Get inspired at ghostlifestyle.com

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER.

Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product. Not for use by women that are pregnant, nursing, or trying to become pregnant.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



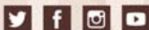
**MANUFACTURED
IN THE U.S.A.**

This product contains ingredients of international and domestic origin

GHOST® 170 S. Green Valley Parkway, Suite 300,
Henderson, NV 89012, U.S.A.
1-844-GHOST-88 (444-7888)

www.ghostlifestyle.com

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GHOST



100%

WHEY
PROTEIN

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

130
CALORIES

25g
PROTEIN

MILK CHOCOLATE
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 26 Servings per Container
Serving Size: 1 Rounded Scoop (35 grams)

Amount Per Serving		130	%Daily Value**
CALORIES			
Total Fat 1.5g			2%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 40 mg			13%
Sodium 160 mg			7%
Total Carbohydrate 4g			1%
Dietary Fiber 1g			4%
Total Sugars 2g			
Includes 0g Added Sugars			0%
Protein 25g			
Vitamin D 0mcg			0%
Calcium 135mg			10%
Iron 1mg			6%
Potassium 110mg			2%

*The % Percent 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: GHOST® 100% Whey Protein (Whey Protein Isolate 90% (Sunflower Lecithinated), Whey Protein Concentrate 80% (Sunflower Lecithinated), Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavor, Cocoa Powder (Processed with Alkali), Salt, GHOST® Enzymes (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose

FULL SUNFLOWER WHEY	Whey Protein Isolate 90% 14.53g Delivering 12.5g Protein
	Whey Protein Concentrate 80% 13.16g Delivering 10g Protein
	Hydrolyzed Whey Protein Isolate 2.96g Delivering 2.5g Protein

NO AMINO SPILKING **DAIRY FREE** **GLUTEN FREE** Allergen Information: Contains Milk

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.