

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

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www.ghostlifestyle.com

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GHOST



100% WHEY
PROTEIN
26 SERVINGS | NET WT. 924g (2 lb)

130 | 25g
CALORIES 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
CALORIES	
	%Daily Value**
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40 mg	13%
Sodium 150 mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 0mg	0%
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, Salt, GHOST® Enzymes (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose

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

NO AMINO SPIKING **SP** SOY FREE **GP** 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.