

DIRECTIONS: Mix each scoop (serving) of **GHOST® WHEY x CHIPS AHOY!**® 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



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.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

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.

CHIPS AHOY! is a trademark of the Mondelēz International group, used under license.

MANUFACTURED FOR GHOST®
170 S. Green Valley Parkway, Suite 300
Henderson, NV 89012, U.S.A.
1-844-GHOST-88 (446-7888)

MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY
This product contains ingredients of international and domestic origin

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WHEY PROTEIN
26 SERVINGS | NET WT. 2.2lb (1014g)

160 | 25g
CALORIES | PROTEIN
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS	
Approx. 26 Servings per Container	
Serving Size:	1 Rounded Scoop (39 grams)
Amount Per Serving	
CALORIES	160
%Daily Value**	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 140mg	6%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 0mg	0%
Potassium 91mg	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), CHIPS AHOY!® Cookie Pieces (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Sugar, Chocolate, Dextrose, Cocoa Butter, Milk, Soy Lecithin), Sugar, Soybean Oil, Partially Hydrogenated Cottonseed Oil, Leavening (Baking Soda, Ammonium Phosphate), Salt, Molasses, High Fructose Corn Syrup, Whey, Soy Lecithin, Caramel Color, Artificial Flavor), Natural and Artificial Flavor, Salt, GHOST® Enzymes (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose Contains: Milk, Soy, Wheat		
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		