

**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**



MORNING



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.**

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

**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

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[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).



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15-12-22



**WHEY  
PROTEIN**

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

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

**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       |                 |
|--------------------------|-----------------|
| <b>CALORIES</b>          | <b>160</b>      |
|                          | % 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 % 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), 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, Enzymes (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose  
Contains: Milk, Soy, Wheat

|                                |                                                                                             |                                                                                                   |
|--------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>FULL DISCLOSURE PROTEIN</b> | Whey Protein Isolate 90%<br>Whey Protein Concentrate 80%<br>Hydrolyzed Whey Protein Isolate | 14.53g Delivering 12.5g Protein<br>13.16g Delivering 10g Protein<br>2.98g Delivering 2.5g Protein |
|--------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|

NO AMINO SPIKING

