

DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY x NUTTER BUTTER® 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

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.

NUTTER BUTTER and NUTTER BUTTER COOKIE DESIGN are trademarks of Mondelez 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



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.



**WHEY
PROTEIN**
26 SERVINGS | NET WT. 2.4lb (1095g)

160 | 26g
CALORIES | PROTEIN
NATURALLY AND ARTIFICIALLY FLAVORED

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

NUTRITION FACTS

Approx. 26 Servings per Container
Serving Size: 1 Rounded Scoop (42.1 grams)

Amount Per Serving	
CALORIES	
	160
% Daily Value**	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 270mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 152mg	10%
Iron 0mg	0%
Potassium 203mg	4%

** 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), **Nutter Butter® Cookies** (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Peanut Butter (Peanuts, Corn Syrup Solids, Hydrogenated Rapeseed and/or Cottonseed and/or Soybean Oils, Salt, Peanung Oil), Canola Oil, Whole Grain Wheat Flour, Palm Oil, High Fructose Corn Syrup, Salt, Leavening (Baking Soda and/or Calcium Phosphate), Cornstarch, Soy Lecithin, Artificial Flavor), Peanut Flour (providing 1g Protein), Natural and Artificial Flavor, Salt, Cellulose Gum, **Digestive Enzymes** (Proteases, Bromelain, Lactase), Xanthan Gum, Sucralose
Contains: Milk, Soy, Wheat, Peanuts

FULL DISCLOSURE PROTEIN	Whey Protein Isolate 90% Whey Protein Concentrate 80% Hydrolyzed Whey Protein Isolate	14.53g Delivering 12.5g Protein 13.16g Delivering 10g Protein 2.98g Delivering 2.5g Protein
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NO AMINO SPIKING