

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, 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.

MANUFACTURED FOR GHOST LLC
5651 S Edmond Street
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1-844-GHOST-88 (446-7888)



MANUFACTURED IN THE U.S.A.
IN A GMP COMPLIANT FACILITY
CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

FOLLOW US @GHOSTLIFESTYLE



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.



GHOST

**WHEY
PROTEIN**
28 SERVINGS | NET WT. 2lb (924g)

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

120 | **25G**
CALORIES | PROTEIN
**FRUITY
CEREAL MILK®**
NATURALLY AND ARTIFICIALLY FLAVORED



NUTRITION FACTS	
Approx. 28 Servings per Container	
Serving Size:	1 Rounded Scoop (32 grams)
Amount Per Serving	
CALORIES	120
% Daily Value**	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 105mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 0mg	0%
Potassium 109mg	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), Natural and Artificial Flavor, Salt, **Enzymes** (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose, FD&C Red #40
Contains: Milk

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  SOY FREE  GLUTEN FREE		