

DIRECTIONS: Mix each scoop (serving) of GHOST® HOT COCOA with 5-6oz of hot water or milk. Vary amount of liquid to taste.

GHOST® HOT COCOA WAS CONCEIVED TO FILL YOUR MUG WITH HOLIDAY CHEER



EMPTY HOT COCOA SCOOP INTO MUG



ADD 5-6oz OF HOT WATER OR MILK
Vary amount of liquid to taste.



STIR. SIP. ENJOY.

FULL DISCLOSURE PROTEIN

ProTherma® Hydrolyzed Whey Protein Concentrate	22.65g Delivering 19.3g Protein
Cocoa Powder	3.6g Delivering 0.7g Protein

NO AMINO SPIKING GLUTEN FREE

* THIS PRODUCT IS MADE WITH PROTHERMA® HEAT STABLE HYDROLYZED WHEY PROTEIN.

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.

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.

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.

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GHOST



**HIGH PROTEIN
HOT COCOA MIX**
15 SERVINGS | NET WT. 1.1lb (480g)

120 CALORIES | **20G** PROTEIN
CHOCOLATE PEPPERMINT
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 15 Servings per Container
Serving Size: 1 Scoop (32 grams)

Amount Per Serving	
CALORIES	120
	% Daily Value**
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 2mg	10%
Potassium 646mg	15%

** 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: Hydrolyzed Whey Protein Concentrate, Cocoa Powder (Processed with Alkali), Natural and Artificial Flavor, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silicoaluminate, Tocopherols), Salt, Sucralose
Contains: Milk, Soy

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

CONTAINS BIOENGINEERED FOOD INGREDIENTS

ProTherma® is a registered trademark of Glanbia plc.

ProTherma