

**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**



**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)

|                                |                                 |                                 |
|--------------------------------|---------------------------------|---------------------------------|
| <b>FULL DISCLOSURE PROTEIN</b> | 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               |                                 |                                 |

**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](http://www.P65Warnings.ca.gov).

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[WWW.GHOSTLIFESTYLE.COM](http://WWW.GHOSTLIFESTYLE.COM)

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.



# GHOST

**WHEY PROTEIN**

15 SERVINGS | NET WT. 1.2lb (563g)

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

**140** CALORIES | **25G** PROTEIN

**APPLE CIDER DOUGHNUT**  
NATURALLY AND ARTIFICIALLY FLAVORED

BE SEEN®

**NUTRITION FACTS**

Approx. 15 Servings per Container  
Serving Size: 1 Rounded Scoop (37.5 grams)

| Amount Per Serving       | % Daily Value** |
|--------------------------|-----------------|
| <b>CALORIES</b>          | <b>140</b>      |
| Total Fat 2g             | 3%              |
| Saturated Fat 1g         | 5%              |
| Trans Fat 0g             |                 |
| Cholesterol 35mg         | 12%             |
| Sodium 220mg             | 10%             |
| Total Carbohydrate 6g    | 2%              |
| Dietary Fiber 0g         | 0%              |
| Total Sugars 2g          |                 |
| Includes 1g Added Sugars | 2%              |
| <b>Protein 25g</b>       | <b>50%</b>      |
| Vitamin D 0mcg           | 0%              |
| Calcium 147mg            | 10%             |
| Iron 0mg                 | 0%              |
| Potassium 166mg          | 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), Pastry Crust Pieces (Wheat Flour, Sugar, Palm Oil, Natural Flavor, Soy Lecithin, Salt, Baking Soda), Natural and Artificial Flavor, Salt, Malic Acid, Cinnamon Powder, Digestive Enzymes (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose  
Contains: Milk, Soy, Wheat

MANUFACTURED FOR GHOST LLC  
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MADE IN THE U.S.A.  
IN A GMP COMPLIANT FACILITY  
CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN  
CONTAINS BIOENGINEERED FOOD INGREDIENTS