

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

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	

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.

OUR SCOOP'S ALWAYS ON TOP
The patented GHOST® nested scoop ensures you never go digging for your scoop again.



AFTER SETTLING

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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WWW.GHOSTLIFESTYLE.COM



GHOST

CHOCOLATE
**Nutter
Butter**
The PEANUT BUTTER
Lovers' Cookie

WHEY PROTEIN

26 SERVINGS | NET WT. 2.6lb (1157g)

170 | **26G**
CALORIES | PROTEIN
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 26 Servings per Container
Serving Size: 1 Rounded Scoop (44.5 grams)

Amount Per Serving	
CALORIES	170
	% Daily Value**
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 240mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 155mg	10%
Iron 2mg	10%
Potassium 375mg	8%

** 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%, Whey Protein Concentrate 80%, 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, Peanut 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), Cocoa (Processed with Alkali), Natural and Artificial Flavor, Salt, Potassium Chloride, **Digestive Enzymes** (Proteases, Bromelain, Lactase), Xanthan Gum, Cellulose Gum, Sunflower Creamer (High Oleic Sunflower Oil, Tapioca Starch, Tapioca Dextrin, Natural Flavors, Mixed Tocopherols), Sucralose.
Contains: Milk, Soy, Wheat, Peanuts

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

NUTTER BUTTER and NUTTER BUTTER COOKIE DESIGN are trademarks of Mondelez International group, used under license.

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