

DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY x CINNABON® 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 SF SOY FREE GF GLUTEN FREE		

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.



AT TIME OF FILL

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](https://www.ghostlifestyle.com)



**WHEY
PROTEIN**

27 SERVINGS | NET WT. 2lb (918g)

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

CINNABON®

BAKERY INSPIRED

130 | 25G

CALORIES | PROTEIN
NATURALLY AND ARTIFICIALLY FLAVORED



NUTRITION FACTS

Approx. 27 Servings per Container
Serving Size: 1 Rounded Scoop (34 grams)

Amount Per Serving	
CALORIES	130
	% Daily Value**
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 190mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 148mg	10%
Iron 0mg	0%
Potassium 170mg	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), Natural and Artificial Flavor, Salt, Cinnabon® Makara Cinnamon Powder, Digestive Enzymes (Proteases, Bromelain, Lactase), Xanthan Gum, Cellulose Gum, Sucralose.
Contains: Milk

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THIS PRODUCT IS MADE WITH REAL CINNABON® MAKARA CINNAMON POWDER... BUT SORRY LEGEND, NO ACTUAL CINNABON® CINNAMON ROLLS.

CONTAINS BIOENGINEERED FOOD INGREDIENTS

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