

**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](http://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  
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

FOLLOW US @GHOSTLIFESTYLE  
     
[WWW.GHOSTLIFESTYLE.COM](http://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](http://www.P65Warnings.ca.gov).



**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  
**COFFEE ICE CREAM**  
NATURALLY AND ARTIFICIALLY FLAVORED

| NUTRITION FACTS                                                                                                                                                     |                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Approx. 28 Servings per Container                                                                                                                                   |                            |
| Serving Size:                                                                                                                                                       | 1 Rounded Scoop (33 grams) |
| Amount Per Serving                                                                                                                                                  |                            |
| CALORIES                                                                                                                                                            | 120                        |
| % Daily Value**                                                                                                                                                     |                            |
| Total Fat 1.5g                                                                                                                                                      | 2%                         |
| Saturated Fat 1g                                                                                                                                                    | 5%                         |
| Trans Fat 0g                                                                                                                                                        |                            |
| Cholesterol 40mg                                                                                                                                                    | 13%                        |
| Sodium 95mg                                                                                                                                                         | 4%                         |
| Total Carbohydrate 3g                                                                                                                                               | 1%                         |
| Dietary Fiber 0g                                                                                                                                                    | 0%                         |
| Total Sugars 1g                                                                                                                                                     |                            |
| Includes 0g Added Sugars                                                                                                                                            | 0%                         |
| Protein 25g                                                                                                                                                         | 50%                        |
| Vitamin D 0mcg                                                                                                                                                      | 0%                         |
| Calcium 135mg                                                                                                                                                       | 10%                        |
| Iron 0mg                                                                                                                                                            | 0%                         |
| Potassium 112mg                                                                                                                                                     | 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, 100% Colombian Coffee, Salt, **Enzymes** (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose, Acesulfame Potassium  
**Contains: Milk**

| FULL<br>DISCLOSURE<br>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 |                                 |                                 |