

DIRECTIONS: Mix each scoop (serving) of GHOST® VEGAN with 8-10oz of water or beverage of choice. Vary amount of liquid to taste.

GHOST® VEGAN PROTEIN WAS CONCEIVED TO FEED SAVAGERY AROUND THE CLOCK



MORNING



POST
WORKOUT



THROUGHOUT
THE DAY



BEFORE BED

LEGENDS DON'T ALWAYS USE A SHAKER
GHOST® VEGAN PROTEIN is versatile AF. Use it in smoothies, protein ice cream, oats, pancakes and baked goods. Get inspired at ghostlifestyle.com

FULL DISCLOSURE PROTEIN

Pea Protein Concentrate 80%
Organic Pumpkin Protein 70%
Watermelon Seed Protein 75%

15g Delivering 12g Protein
7.86g Delivering 5.5g Protein
3.33g Delivering 2.5g Protein

NO VEGGIE SPIKING

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)



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GHOST



VEGAN PROTEIN

28 SERVINGS | NET WT. 2.2lb (980g)

130 | 20G

CALORIES | PROTEIN

STRAWBERRY SHORTCAKE

NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 28 Servings per Container

Serving Size: 1 Rounded Scoop (35 grams)

Amount Per Serving	
CALORIES	130
	% Daily Value**
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	37%
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 5mg	30%
Potassium 253mg	6%

** 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: Vegan Protein (Pea Protein Concentrate, Organic Pumpkin Protein, Watermelon Seed Protein), Natural and Artificial Flavor, Medium Chain Triglyceride Powder, Gum Blend (Gum Acacia, Xanthan Gum, Guar Gum), Salt, Beet Root Powder (for Color), Citric Acid, Sucralose, Sodium Bicarbonate, Acesulfame Potassium.

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

CONTAINS BIOENGINEERED FOOD INGREDIENTS