

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



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.



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)



GHOST

**WHEY
PROTEIN**

26 SERVINGS | NET WT. 2.4lb (1066g)

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

160 | 25G
CALORIES | PROTEIN

**STRAWBERRY
SHORTCAKE**

NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 26 Servings per Container
Serving Size: 1 Rounded Scoop (41 grams)

Amount Per Serving	160
	% Daily Value**
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 210mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 157mg	10%
Iron 0mg	0%
Potassium 194mg	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%, Whey Protein Concentrate 80%, Hydrolyzed Whey Protein Isolate), **Graham Cookie Pieces** (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm Oil, Graham Flour, Honey, High Fructose Corn Syrup, Sodium Bicarbonate, Salt, Modified Corn Starch, Soy Lecithin, Annatto Color, Artificial Flavor), Natural and Artificial Flavors, Medium Chain Triglyceride Powder, Gum Blend (Xanthan Gum, Guar Gum, Gum Acacia), Salt, **Digestive Enzymes** (Proteases, Bromelain, Lactase), Beet Root Powder (for color), Citric Acid, Sucralose, Sodium Bicarbonate, Acesulfame Potassium.

Contains: Milk, Soy, Wheat

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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