

DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY x OREO® 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



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.



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CONTENTS SOLD BY WEIGHT NOT VOLUME. SOME SETTLING MAY OCCUR.

GHOST



OREO
MINT FLAVOR

WHEY PROTEIN

26 SERVINGS | NET WT. 2.3lb (1027g)

150 | 25G
CALORIES | PROTEIN
NATURALLY AND ARTIFICIALLY FLAVORED



NUTRITION FACTS

Approx. 26 Servings per Container
Serving Size: 1 Rounded Scoop (39.5 grams)

Amount Per Serving	150	% Daily Value**
CALORIES		
Total Fat 2g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 280mg		12%
Total Carbohydrate 8g		3%
Dietary Fiber 1g		4%
Total Sugars 3g		
Includes 2g Added Sugars		4%
Protein 25g		50%
Vitamin D 0mcg		0%
Calcium 150mg		12%
Iron 0.5mg		3%
Potassium 185mg		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), **Oreo® Cookies and Basecake** (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm and/or Canola Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Invert Sugar, Natural and Artificial Flavor), Natural and Artificial Flavor, Salt, Cocoa (Processed with Alkali), Xanthan Gum, **Digestive Enzymes** (Proteases, Bromelain, Lactase), Cellulose Gum, Sucralose.
Contains: Milk, Soy, Wheat

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
CONTAINS BIOENGINEERED FOOD INGREDIENTS

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