

**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, oats, protein ice cream, 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. This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. Not for use by women that are pregnant, nursing, or trying to become pregnant.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



**MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY**

This product contains ingredients of international and domestic origin

GHOST® 170 S. Green Valley Parkway, Suite 300, Henderson, NV 89012, U.S.A.  
1-844-GHOST-88 (446-7888)

[www.ghostlifestyle.com](http://www.ghostlifestyle.com)

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# GHOST



**100% WHEY PROTEIN**  
28 SERVINGS | NET WT. 21b (924g)

**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**
<b>Total Fat</b> 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 40 mg	13%
<b>Sodium</b> 95 mg	4%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 25g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 0mg	0%
Potassium 112mg	2%

\*The % Percent 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:** GHOST® 100% Whey Protein (Whey Protein Isolate 90% (Sunflower Lecithinated), Whey Protein Concentrate 80% (Sunflower Lecithinated), Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavor, 100% Columbian Coffee, Salt, GHOST® Enzymes (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose, Acesulfame Potassium

FULL DISCLOSURE WHEY	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 Allergen Information: Contains Milk

**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.**