

DIRECTIONS: Mix each scoop (serving) of GHOST® VEGAN PROTEIN 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*



BREAKFAST



**POST
WORKOUT**



**THROUGHOUT
THE DAY**



BEFORE BED

LEGENDS DON'T ALWAYS USE A SHAKER*

GHOST® VEGAN PROTEIN is versatile AF. Use it in smoothies, oats, protein ice cream, pancakes and baked goods. Get inspired at 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

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www.ghostlifestyle.com

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GHOST

VEGAN
PROTEIN
28 SERVINGS | NET WT. 2.2lb (989g)

120 | **21g**
CALORIES | PROTEIN

PEANUT BUTTER CEREAL MILK®
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 28 Servings per Container
Serving Size: 1 Rounded Scoop (35.3 grams)

Amount Per Serving	120	%Daily Value**
CALORIES		
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0 mg		0%
Sodium 380 mg		17%
Total Carbohydrate 6g		2%
Dietary Fiber 1g		4%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 21g		
Vitamin D 0mcg		0%
Calcium 34mg		2%
Iron 4mg		20%
Potassium 165mg		4%

*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® Vegan Protein (Pea Protein Concentrate, Organic Pumpkin Protein, Watermelon Seed Protein), Natural and Artificial Flavors, Peanut Flour (Adding 1g Protein), Sunflower Creamer (High Oleic Sunflower Oil, Tapioca Starch, Tapioca Dextrin, Natural Flavors, d-Alpha Tocopherols), Salt, Sucralose, Xanthan Gum

FULL DISCLOSURE PROTEIN	Pea Protein Concentrate 80%	15g Delivering 12g Protein
	Organic Pumpkin Protein 70%	7.86g Delivering 5.5g Protein
	Watermelon Seed Protein 75%	3.33g Delivering 2.5g Protein

NO VEGGIE SPIKING **SF** SOY FREE **GF** GLUTEN FREE **Allergen Information:** Contains Peanut

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.