DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY with 5-60z of water or beverage of choice. Vary amount of liquid to taste.

GHOST® WHEY WAS CONCEIVED TO SAVAGERY AROUND THE CLOCK









BREAKFAST

POST WORKOUT

THROUGHOUT THE DAY

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

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

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

www.ghostlifestyle.com



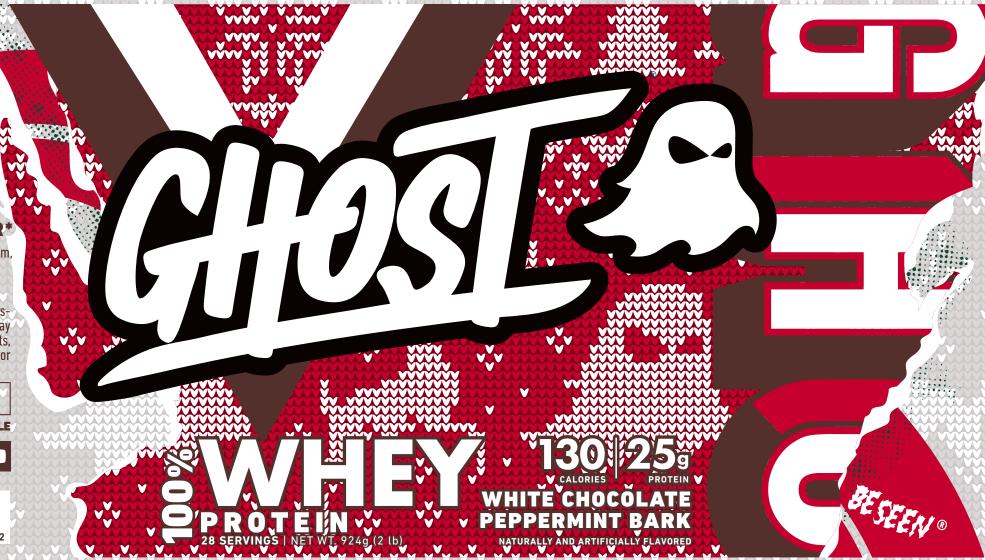












Approx. 28 Servings per Container
Serving Size: 1 Rounded Scoop (32.5 grams)

Amount Per Serving

CALORIES

130

	%Daily Value**
otal Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40 mg	13%
odium 170 mg	7%
otal Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes Og Added Sugars	0%
Protein 25g	
'itamin D 0mcg	0%
alcium 134mg	10%
ron Oma	0%

*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.

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: GHOST® 100% Whey Protein (Whey Protein Isolate 90% (Sunflower



Potassium 109ma

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 ST SOY FREE GT 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.