

**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, protein ice cream, oats, 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 professional if you experience any adverse reaction to this product.

**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.**

**MANUFACTURED FOR GHOST®**  
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[WWW.GHOSTLIFESTYLE.COM](http://WWW.GHOSTLIFESTYLE.COM)



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](http://www.P65Warnings.ca.gov).

# GHOST

**VEGAN PROTEIN**  
28 SERVINGS | NET WT. 2lb (910g)

**110** | **20g**  
CALORIES | PROTEIN  
**PANCAKE BATTER**  
NATURALLY AND ARTIFICIALLY FLAVORED

## NUTRITION FACTS

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

Amount Per Serving	110	%Daily Value**
<b>CALORIES</b>		
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 390mg		17%
Total Carbohydrate 5g		2%
Dietary Fiber 1g		4%
Total Sugars 0g		
Includes 0g Added Sugars		0%
<b>Protein 20g</b>		<b>40%</b>
Vitamin D 0mcg		0%
Calcium 35mg		2%
Iron 4mg		20%
Potassium 176mg		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, Sunflower Creamer (High Oleic Sunflower Oil, Tapioca Starch, Tapioca Dextrin, Natural Flavors, d-Alpha Tocopherols), Salt, Xanthan Gum, Sucralose, Acesulfame Potassium

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

**SMOOTH PROTEIN™**  
Smooth Protein™  
Compound Solutions, Inc.