

DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY x CHIPS AHOY!® 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

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.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

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.

CHIPS AHOY! is a trademark of the Mondelez International group, used under license.

MANUFACTURED FOR GHOST®
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MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY
This product contains ingredients of international and domestic origin

GHOST

Chips Ahoy!



WHEY PROTEIN
26 SERVINGS | NET WT. 2.2lb (1014g)

160 | 25G
CALORIES | PROTEIN
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 26 Servings per Container
Serving Size: 1 Rounded Scoop (39 grams)

Amount Per Serving	160	%Daily Value**
CALORIES		
Total Fat 3g		4%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 40mg		13%
Sodium 140mg		6%
Total Carbohydrate 7g		3%
Dietary Fiber 0g		0%
Total Sugars 4g		
Includes 2g Added Sugars		4%
Protein 25g		50%
Vitamin D 0mcg		0%
Calcium 135mg		10%
Iron 0mg		0%
Potassium 91mg		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), CHIPS AHOY!® Cookie Pieces (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Sugar, Chocolate, Dextrose, Cocoa Butter, Milk, Soy Lecithin), Sugar, Soybean Oil, Partially Hydrogenated Cottonseed Oil, Leavening (Baking Soda, Ammonium Phosphate), Salt, Molasses, High Fructose Corn Syrup, Whey, Soy Lecithin, Caramel Color, Artificial Flavor), Natural and Artificial Flavor, Salt, GHOST® Enzymes (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose
Contains: Milk, Soy, Wheat

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

