

DIRECTIONS: Mix each scoop (serving) of GHOST® HOT COCOA with 5-6oz of hot water or milk. Vary amount of liquid to taste.

GHOST® HOT COCOA WAS CONCEIVED TO FILL YOUR MUG WITH HOLIDAY CHEER



EMPTY HOT COCOA SCOOP INTO MUG



ADD 5-6oz OF HOT WATER OR MILK
Vary amount of liquid to taste.



STIR. SIP. ENJOY.

FULL DISCLOSURE PROTEIN ProTherma® Hydrolyzed Whey Protein Concentrate 23.47g Delivering 20g Protein

NO AMINO SPIKING GLUTEN FREE

* THIS PRODUCT IS MADE WITH PROTHERMA® HEAT STABLE HYDROLYZED WHEY PROTEIN.

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.

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.

OUR SCOOP'S ALWAYS ON TOP
The patented GHOST® nested scoop ensures you never go digging for your scoop again.

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WWW.GHOSTLIFESTYLE.COM



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.



GHOST



HIGH PROTEIN HOT COCOA MIX

15 SERVINGS | NET WT. 1lb (473g)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

120 CALORIES | **20G** PROTEIN

WHITE CHOCOLATE PEPPERMINT BARK
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 15 Servings per Container
Serving Size: 1 Scoop (31.5 grams)

Amount Per Serving	
CALORIES	120
	% Daily Value**
Total Fat 1g	1%
Saturated Fat 0.0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 250mg	11%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0.2mg	2%
Potassium 400mg	8%

** The % 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: Hydrolyzed Whey Protein Concentrate, Mini Marshmallows (Sugar, Corn Syrup, Modified Food Starch, Gelatin, Natural Flavor), Natural and Artificial Flavor, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate), Salt, Gum Blend (Xanthan Gum, Guar Gum, Gum Acacia), Sucralose. Contains: Milk, Soy

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CONTAINS BIOENGINEERED FOOD INGREDIENTS

ProTherma® is a registered trademark of Glanbia plc.

