

DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY 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

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 SOY FREE GLUTEN FREE

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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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.

REAL COOKIE PIECES

GHOST

GF GLUTEN FREE



CHOCOLATE CHIP COOKIES

NATURALLY AND ARTIFICIALLY FLAVORED

150 | **25G**
CALORIES | PROTEIN

WHEY PROTEIN

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

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

NUTRITION FACTS

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

Amount Per Serving	150	% Daily Value**
CALORIES		
Total Fat 2.5g		3%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 40mg		13%
Sodium 200mg		9%
Total Carbohydrate 6g		2%
Dietary Fiber 0g		0%
Total Sugars 3g		
Includes 2g Added Sugars		4%
Protein 25g		50%
Vitamin D 0mcg		0%
Calcium 150mg		12%
Iron 0.3mg		2%
Potassium 140mg		3%

** 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: **Whey Protein** (Whey Protein Isolate, Whey Protein Concentrate, Hydrolyzed Whey Protein Isolate), **Chocolate Chip Cookies** (Gluten Free Flour Blend (Oat Flour, White Rice Flour, Cassava Flour, Sorghum Flour), Organic Cane Sugar, Sunflower Oil, Semi-sweet Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Water, Tapioca Starch, Tapioca Fiber Syrup, Baking Soda, Vanilla Extract, Sea Salt, Caramelized Cane Sugar, Xanthan Gum, Konjac Gum, Rosemary Extract), Natural and Artificial Flavors, Salt, **Digestive Enzymes** (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose.
Contains: Milk

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MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN