

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



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

FULL DISCLOSURE PROTEIN

Pea Protein Concentrate 75% 28.59g Delivering 21.5g Protein
Organic Pumpkin Seed Protein 70% 5g Delivering 3.5g Protein

NO VEGGIE 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.

AT TIME OF FILL **AFTER SETTLING**

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.

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REAL COOKIE PIECES

GHOST®

GF GLUTEN FREE



VEGAN PROTEIN

28 SERVINGS | NET WT. 2.9lb (1330g)

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

NATURALLY AND ARTIFICIALLY FLAVORED

170 | **25G**
CALORIES | PROTEIN



NUTRITION FACTS

Approx. 28 Servings per Container
Serving Size: 1 Rounded Scoop (47.5 grams)

Amount Per Serving	170	% Daily Value**
CALORIES		
Total Fat 3g		4%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 460mg		20%
Total Carbohydrate 11g		4%
Dietary Fiber 3g		11%
Total Sugars 2g		
Includes 2g Added Sugars		4%
Protein 25g		44%
Vitamin D 0mcg		0%
Calcium 130mg		10%
Iron 3mg		15%
Potassium 180mg		4%

** 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: Vegan Protein (Pea Protein Concentrate, Organic Pumpkin Seed Protein), Natural and Artificial Flavors, **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), Salt, Cocoa Powder (Processed with Alkali), Xanthan Gum, Sucralose.

MANUFACTURED FOR GHOST LLC
1700 S Pavilion Center Drive, Suite 680
Las Vegas, NV 89135, U.S.A.
1-844-GHOST-88 (446-7888)

