

**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](http://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](http://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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# GHOST

GF GLUTEN FREE



**VEGAN PROTEIN**

28 SERVINGS | NET WT. 2.7lb (1246g)

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

NATURALLY AND ARTIFICIALLY FLAVORED

**160** | **26G**  
CALORIES | PROTEIN

GET SEEN®

**NUTRITION FACTS**

Approx. 28 Servings per Container  
Serving Size: 1 Rounded Scoop (44.5 grams)

Amount Per Serving	160	% Daily Value**
<b>CALORIES</b>		
Total Fat 3.5g		4%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 430mg		19%
Total Carbohydrate 6g		2%
Dietary Fiber 4g		14%
Total Sugars 0g		
Includes 0g Added Sugars		0%
<b>Protein 26g</b>		<b>45%</b>
Vitamin D 0mcg		0%
Calcium 130mg		10%
Iron 5mg		30%
Potassium 345mg		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:** Vegan Protein (Pea Protein Concentrate, Organic Pumpkin Seed Protein), Natural and Artificial Flavors, Cocoa Powder (Processed with Alkali), Sunflower Creamer (High Oleic Sunflower Oil, Tapioca Starch-Modified, Tapioca Maltodextrin, Natural Flavor, Silicon Dioxide, Mixed Tocopherols), Salt, Sucralose, Xanthan Gum.

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