

DIRECTIONS: Mix each scoop (serving) of GHOST® WHEY x COCOA PUFFS™ 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

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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CONTENTS SOLD BY WEIGHT NOT VOLUME. SOME SETTLING MAY OCCUR.

GF GLUTEN FREE

GHOST

Cocoa Puffs

CEREAL MILK®

NATURALLY AND ARTIFICIALLY FLAVORED

130 | **25G**
CALORIES | PROTEIN

WHEY PROTEIN

26 SERVINGS | NET WT. 2lb (910g)

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 (35 grams)

Amount Per Serving	130	% Daily Value**
CALORIES		
Total Fat 1.5g		2%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 40mg		13%
Sodium 220mg		10%
Total Carbohydrate 3g		1%
Dietary Fiber 0g		0%
Total Sugars 1g		
Includes 0g Added Sugars		0%
Protein 25g		50%
Vitamin D 0mcg		0%
Calcium 150mg		10%
Iron 0.7mg		4%
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: Whey Protein (Whey Protein Isolate, Whey Protein Concentrate, Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavors, Cocoa Powder (Processed with Alkali), Salt, Digestive Enzymes (Proteases, Bromelain, Lactase), Sucralose, Cellulose Gum, Xanthan Gum.
Contains: Milk

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