

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



BREAKFAST



POST WORKOUT



THROUGHOUT THE DAY



BEFORE BED

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

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.

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.

MANUFACTURED FOR GHOST LLC
5651 S Edmond Street
Las Vegas, NV 89118, U.S.A.
1-844-GHOST-88 (446-7888)

FOLLOW US @GHOSTLIFESTYLE



WWW.GHOSTLIFESTYLE.COM

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

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.



GHOST



VEGAN PROTEIN

28 SERVINGS | NET WT. 2.2lb (989g)

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

120 CALORIES | **21g** PROTEIN

PEANUT BUTTER CEREAL MILK®
NATURALLY AND ARTIFICIALLY FLAVORED

NUTRITION FACTS

Approx. 28 Servings per Container
Serving Size: 1 Rounded Scoop (35.3 grams)

Amount Per Serving	120	% Daily Value**
CALORIES		
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 380mg		17%
Total Carbohydrate 6g		2%
Dietary Fiber 1g		4%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 21g		42%
Vitamin D 0mcg		0%
Calcium 34mg		2%
Iron 4mg		20%
Potassium 171mg		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 Protein, Watermelon Seed Protein), Natural and Artificial Flavors, Peanut Flour (Adding 1g Protein), Sunflower Creamer (High Oleic Sunflower Oil, Tapioca Starch, Tapioca Dextrin, Natural Flavors, d-Alpha Tocopherols), Salt, Sucralose, Xanthan Gum
Contains: Peanuts

FULL DISCLOSURE PROTEIN	Pea Protein Concentrate 80%	15g Delivering 12g Protein
	Organic Pumpkin Protein 70%	7.86g Delivering 5.5g Protein
	Watermelon Seed Protein 75%	3.33g Delivering 2.5g Protein

NO VEGGIE SPIKING | SOY FREE | GLUTEN FREE

