

**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](http://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)

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

FOLLOW US @GHOSTLIFESTYLE  
  
[WWW.GHOSTLIFESTYLE.COM](http://WWW.GHOSTLIFESTYLE.COM)

**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).



# GHOST

## WHEY PROTEIN

28 SERVINGS | NET WT. 2lb (924g)

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

**120** CALORIES | **25G** PROTEIN

**FRUITY CEREAL MILK®**  
NATURALLY AND ARTIFICIALLY FLAVORED



**NUTRITION FACTS**

Approx. 28 Servings per Container  
Serving Size: 1 Rounded Scoop (32 grams)

Amount Per Serving	120	% Daily Value**
<b>CALORIES</b>		
Total Fat 1.5g		2%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 40mg		13%
Sodium 105mg		5%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		0%
Total Sugars 1g		
Includes 0g Added Sugars		0%
<b>Protein 25g</b>		<b>50%</b>
Vitamin D 0mcg		0%
Calcium 133mg		10%
Iron 0mg		0%
Potassium 109mg		2%

\*\* 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 90% (Sunflower Lecithinated), Whey Protein Concentrate 80% (Sunflower Lecithinated), Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavor, Salt, **Enzymes** (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose, FD&C Red #40  
**Contains:** Milk

<b>FULL DISCLOSURE PROTEIN</b>		
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

BE SEEN®