

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



MORNING



POST WORKOUT



THROUGHOUT THE DAY



BEFORE BED

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		
GF SOY FREE		
GF 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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WWW.GHOSTLIFESTYLE.COM





WHEY PROTEIN
15 SERVINGS | NET WT. 1.1lb (503g)

130 | 25g
CALORIES | PROTEIN

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

GF GLUTEN FREE

NUTRITION FACTS	
Approx. 15 Servings per Container	
Serving Size:	1 Rounded Scoop (33.5 grams)
Amount Per Serving	
CALORIES	130
	% Daily Value**
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 210mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0.3mg	2%
Potassium 130mg	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, Whey Protein Concentrate, Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavors, Salt, Cellulose Gum, **Digestive Enzymes** (Proteases, Bromelain, Lactase), Xanthan Gum, Beet Root Powder (for color), Sucralose. Contains: Milk

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