

**DIRECTIONS:** Mix each scoop (serving) of GHOST® WHEY x CINNABON® 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)

<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

**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.



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](http://WWW.GHOSTLIFESTYLE.COM)



# GHOST



**CINNABON**

BAKERY INSPIRED

**WHEY PROTEIN**

15 SERVINGS | NET WT. 1.1lb (510g)

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

**130 | 25G**  
CALORIES | PROTEIN  
NATURALLY AND ARTIFICIALLY FLAVORED

**NUTRITION FACTS**

Approx. 15 Servings per Container  
Serving Size: 1 Rounded Scoop (34 grams)

Amount Per Serving	% Daily Value**
<b>CALORIES</b>	<b>130</b>
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 190mg	8%
Total Carbohydrate 4g	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 148mg	10%
Iron 0mg	0%
Potassium 170mg	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 90% (Sunflower Lecithinated), Whey Protein Concentrate 80% (Sunflower Lecithinated), Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavor, Salt, Cinnabon® Makara Cinnamon Powder, Digestive Enzymes (Proteases, Bromelain, Lactase), Xanthan Gum, Cellulose Gum, Sucralose.  
Contains: Milk

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CONTAINS BIOENGINEERED FOOD INGREDIENTS

THIS PRODUCT IS MADE WITH REAL CINNABON® MAKARA CINNAMON POWDER... BUT SORRY LEGEND, NO ACTUAL CINNABON® CINNAMON ROLLS.

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BE SEEN®