

GOLIATH®
STRAWBERRY



PROTEIN	CARBS	FAT	ENERGY
54*	190*	3*	1000*
GRAMS	GRAMS	GRAMS	CALORIES

*PER 2 SERVINGS

STRAWBERRY

100% REAL FOOD . . . NO GIMMICKS,
NO FILLERS, NO HYPE.

Syntrex® products contain only nutritious, wholesome ingredients that optimize muscle growth and whole-body recovery. Rejecting all gimmicks, we created Goliath® to include no fillers, such as added taurine, glycine or creatine which falsely increase the amount of stated protein. Every serving of Goliath® provides real calories, superior proteins and clean carbohydrates, guaranteeing a formula that promotes optimal weight gain. With Syntrex®, you always receive integrity, quality and expected results.

Undenatured Whey Protein
& Micellar Casein

Mixes Instantly

Amazing Taste

No Fillers, No Hype

Contains BCAAs & Glutamine

NET WT:
12 lb (5.44 kg)

GOLIATH®
STRAWBERRY

GO•LI•ATH (gə-'lī-əth), *n*:

1. A large, powerful person, etc.
2. A delicious, high-quality, calorie-dense protein gainer created by Syntrex®.
3. What a normal person transforms into after consuming the protein gainer named Goliath® by Syntrex®.

syntrex®
GOLIATH®
PROTEIN GAINER
STRAWBERRY

Syntrex® created Goliath® in response to the cry for a superior quality protein gainer at the best possible price. Instead of sugars, fats and low-quality proteins, Goliath® predominantly contains complex carbohydrates and a mixture of the best proteins on the market. Goliath® mixes instantly with a spoon, tastes great and features a simple but powerful formula, maximized for promoting muscle growth and recovery. This combination produces a foundation for a protein gainer that towers above the rest.

Recognizing that protein is imperative for not only basic health, but also for muscle growth and recovery, we formulated Goliath® with a matrix of different proteins to ensure maximum gains in the shortest time possible. Whey protein is a fast-metabolized protein considered to be the gold standard for supporting the body's anabolic and immune processes. On the other hand, micellar casein is a slow-metabolized protein that enhances satiety and delivers a steady stream of amino acids to vital muscle tissue.

Unlike other meal replacements and gainers that rely heavily on fats to increase caloric density, Goliath® contains the least amount of fat possible. Including no simple sugars, Goliath® utilizes only long-chain carbohydrates derived from nutritious starches. These complex carbohydrates supply the foundational calories that a person requires for increased lean body mass and whole body recovery. Even though this approach costs more, it is a small price to pay for better health and better results.

As with all Syntrex® products, Goliath® includes scrumptious flavors with a velvety smooth texture designed to make a protein gainer pleasurable to drink. All flavors of Goliath® feature a delicious, creamy taste and dissolve instantly whether mixing with a spoon or shaker cup. With Goliath®, you will enjoy each and every sip without the usual clumps that plague other gainers in the industry.

Syntrex® has engineered a product that causes other gainers to tremble in the shadows . . . a true Goliath amongst the ordinary.

Nutrition Facts

41 servings per container

Serving size 3 Level Scoops (132g)

Amount Per Serving	
Calories	500
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat .5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 130mg	6%
Total Carbohydrate 95g	35%*
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 27g	54%*
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 0mg	0%
Potassium 110mg	2%
Phosphorous 190mg	15%
Magnesium 20mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Important Amino Acids Per 100 Grams Of Protein

Arginine•	3.6g
Glutamine••	24.0g
Histidine•	2.0g
Isoleucine••	5.0g
Leucine•••	9.2g
Lysine••	5.5g
Methionine•	2.3g
Phenylalanine•	4.7g
Threonine••	5.0g
Tryptophan•	1.8g
Valine•••	5.4g

• Essential Amino Acids
•• Branched-Chain Amino Acids
••• Important Nonessential Amino Acids
• Includes Glutamine Precursors

3x Three Scoops of Goliath® Contain:

Protein	27g
Calories	500

6x Six Scoops of Goliath® Contain:

Protein	54g
Calories	1000

INGREDIENTS: Maltodextrin, dairy protein blend (whey protein concentrate*, milk protein concentrate*), glutamine peptides (wheat), natural and artificial flavors, salt, soy lecithin, acesulfame-K, sucralose, FD&C Red #40.

* Ultrafiltered and undenatured
• Ultrafiltered and undenatured, includes micellar casein

SUGGESTED USE: Based on taste preference, vigorously mix three scoops of Goliath® per 12-16 oz of water or milk for 30-60 seconds. For those with higher protein or caloric needs, six scoops may be consumed with 24-32 oz of water or milk. Note the extra calories when combined with milk. Consume Goliath® one to three times per day depending on your needs and goals. Goliath® mixes instantly with a spoon and tastes great . . . GUARANTEED!

This product is packed by weight, not volume. Some settling may have occurred during transportation. Keep out of direct sunlight and store in a cool, dark place.

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