

SYNTRAX®



1 MIXES INSTANTLY

2 AMAZING TASTE

3 54 GRAMS OF PROTEIN*

4 CONTAINS BCAAs & GLUTAMINE

1000
PER 2 SERVINGS
CALORIES

STRAWBERRY

Net Weight: 12.00 lb (5.44 kg)

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

Syntrax® products contain only nutritious, wholesome ingredients that optimize muscle growth and whole-body recovery. Rejecting all gimmicks, Goliath® contains 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 productive carbohydrates, guaranteeing a formula that promotes optimal weight gain. With Syntrax®, you always receive integrity, quality and expected results.



GO-LI-ATH (gə-'lī-əth), *n*:

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

Syntrax® 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, Syntrax® 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. Staying away from 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 Syntrax® 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.

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

Nutrition Facts

Serving Size: 3 Level Scoops (132g)
Servings Per Container: 41

Amount Per Serving			
Calories		500	
Calories from Fat		15	
		% Daily Value*	
Total Fat	1.5g		2%*
Saturated Fat	.5g		3%*
Trans Fat	0g		
Cholesterol	20mg		7%*
Sodium	130mg		5%*
Potassium	115mg		3%*
Total Carbohydrate	95g		32%*
Dietary Fiber	0g		0%*
Sugars	6g		
Protein	27g		54%*
Vitamin A	0%	Vitamin C	0%
Calcium	20%	Iron	0%
Phosphorus	20%	Magnesium	6%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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

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

- Ultrafiltered and undenatured
- Ultrafiltered and undenatured; includes micellar casein
- Source of glutamine peptides

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.

Notice: Use this product as a food supplement only. Do not use for weight reduction.



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Three Scoops of
Goliath® Contain:
Protein 27 g | Calories 500

Six Scoops of
Goliath® Contain:
Protein 54 g | Calories 1000

STRAWBERRY