

GOLIATH® VANILLA



syntrax®
GOLIATH®
PROTEIN GAINER

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

*PER 2 SERVINGS

VANILLA

Undenatured Whey Protein
& Micellar Casein

Mixes Instantly

Amazing Taste

No Fillers, No Hype

Contains BCAAs & Glutamine

NET WT:
12 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, 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 Syntrax®, you always receive integrity, quality and expected results.

GOLIATH® VANILLA

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® GOLIATH® PROTEIN GAINER VANILLA

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, 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 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

41 servings per container
Serving size 3 Level Scoops (132g)

Amount Per Serving	500
Total Fat 1.5g	2%*
Saturated Fat .5g	3%*
Trans Fat 0g	
Cholesterol 20mg	7%*
Sodium 140mg	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%
Phosphorus 190mg	15%
Magnesium 20mg	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

3x	Three Scoops of Goliath® Contain:
Protein	27 g
Calories	500

6x	Six Scoops of Goliath® Contain:
Protein	54 g
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.
* 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!

The 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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