

A close-up, black and white photograph of a white tiger's face. The tiger has striking blue eyes and a pink nose. The SYNTECH logo is superimposed over the top of the tiger's head.

SYNTECH

Straight to your target

SYNTECH-NUTRITION.COM

SYNTECH – STRAIGHT TO YOUR TARGET

With our team of experts, we will help you to get the best out of you! Whether you want to lose weight, increase your muscle size, optimise your performance, or increase your healthy life-style, SynTech helps you straight to your target!

SUPPLEMENT RANGE

Our supplement range is divided in three different Series:

BLACKLINE SERIES

Are you a serious gym rat and hanging out in the gym 5 times a week? For those who want to sculpt their body and build a great aesthetic physique, SynTech developed a special range of products to fulfil your needs. Try the hardcore supplements of our Blackline Series.

Suited for:

- Men's Physique
- Bodybuilding
- Women's Bikini-Fitness

ELITE SERIES

Are you looking for high-dosed supplements and want state-of-the-art formulations? According to the latest scientific research, we did the math for you, so you don't have to figure out yourself what to take. We have put the best ingredients together, creating the "Rolls Royce" of our brand: the Elite Series.

Suited for:

- Those who are looking for all-in-one solutions
- All sports disciplines

ESSENTIAL SERIES

The Essential Series consists of single ingredient supplements or supplements that have a more basic formulation. The essential elements that you need for sports and general health are covered in this range.

Suited for:

- Those who want to mix their own ingredients together
- All sports disciplines





RESEARCH & DEVELOPMENT

During the development phase of our supplements we pursue excellent quality and optimal performance. In order to do so, we respect 4 key parameters:

SCIENCE & SYNERGY

The strength of SynTech™ lies within its thoughtfully composed mix of active ingredients that are scientifically proven to work and interact with each other. These synergistic formulations allow optimal performance and ensure maximum efficiency. You can find the scientific research of each supplement on their product page of our website.

TRANSPARENT & HIGH-DOSED FORMULAS

We don't offer formulas based on proprietary blends, containing under-dosed or redundant ingredients. Our supplements only contain active substances, formulated in the proper active amounts, because we believe there lies the true added value for an athlete. Our labels are clear and transparent, they indicate the exact dose of each active ingredient.

ONLY THE BEST & SAFE INGREDIENTS

When selecting our ingredients we choose components of superior quality, which are better assimilated by the body. They are submitted to strict quality checks and safe to use. Our supplements are traceable to ingredient level, which improves quality and food safety.

GREAT NATURAL TASTE

Our vision is that we not only want to offer the best supplements, but they also have to taste great. We want you to enjoy your shake or pre-workout each time you take it. Our protein shakes are developed to be mixed with water so that they are easily digested and taste delicious. Our workout drinks don't have a chemical side taste, but you can enjoy the natural flavour just like it was a lemonade.





QUALITY ASSURANCE & CERTIFICATES

SynTech™ has brought out a selection of efficient and high quality supplements belonging to the absolute top segment on the market. Our supplements are made in our state-of-the-art production facility of 10.000m². The quality of our supplements is assured by Food Safety System Certification (FSSC) 22000, including:

- **ISO 22000:2005**
- **ISO 22002-1:2009**
- **Additional FSSC 22000 requirements (including HACCP)**
- **Guide G011 v1 for Auto Control System**
- **Halal Certified production facility**

All our supplements are free from Genetically Modified Organisms and we guarantee all top athletes that they are in accordance with WADA regulation and European legislation.





FIND THE RIGHT PRODUCT FOR YOU!

A graphic symbol is indicated for each supplement, matching the desired training objective or sports discipline.



MUSCLE & STRENGTH

Suited for athletes who want to increase their power and/or strength and build muscle mass: body builders, rugby players, MMA fighters, boxers, athletes, calisthenics etc.



PERFORMANCE & ENDURANCE

Specially designed to boost your performance during long and intense workouts. Suited for athletes that practise endurance sports, martial arts, track and field sports, athletics, cycling etc.



RECOVERY

If you're looking for a faster and better recovery, these sport supplements will help you to replenish glycogen and amino acid levels quickly and efficiently.



DIET & HEALTH

Supplements marked with this symbol will help you to lose weight and fit in a healthy lifestyle.



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BLACKLINE

Are you a serious gym rat and hanging out in the gym 5 times a week? For those who want to sculpt their body and build a great aesthetic physique, SynTech developed a special range of products to fulfil your needs. Try the hardcore supplements of our Blackline Series.



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 30g
Energy	359 kcal/ 1516 kJ	108 kcal/ 455 kJ
Fat	6.1g	1.8g
- of which saturated	3.3g	1.0g
Carbohydrates	6.6g	1.9g
- of which sugars	6.1g	1.8g
Protein **	71.8g	21.5g
Salt	0.86g	0.26g

** = on dry matter

INGREDIENTS	Per 100g	Per 30g
Creatine Monohydrate	7500mg	2250mg
Zinc	38mg	11mg (113%*)

* = Reference Intake of an average adult (8400 kJ / 2000 kCal)



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 125g
Energy	378 kcal/ 1603 kJ	472 kcal/ 2003 kJ
Fat	1.7g	2.1g
- of which saturated	0.9g	1.1g
Carbohydrates	70.8g	88.4g
- of which sugars	8.6g	10.7g
Protein **	19.9g	24.8g
Salt	0.23g	0.29g

** = on dry matter

INGREDIENTS	Per 100g	Per 125g
Creatine Monohydrate	2400mg	3000mg
Zinc	8mg	10mg (100%*)
Magnesium	180mg	225mg (60%*)
Vitamin C	64mg	80mg (100%*)
Vitamin B1	0.88mg	1.1mg (100%*)
Vitamin B3	12.8mg	16mg (100%*)
Vitamin B6	1.12mg	1.4mg (100%*)

* = Reference Intake of an average adult (8400 kJ / 2000 kCal)

Aesthetic WHEY

HIGH PROTEIN



- BUILD LEAN MUSCLE MASS
- INCREASE PHYSICAL PERFORMANCE
- HEALTHY TESTOSTERONE LEVELS
- DELICIOUS TASTE

Aesthetic Whey has been specially designed for those athletes who want to sculpt their body and build a great aesthetic physique. The **Whey Protein Concentrate** contributes to muscle growth and the development of lean muscle mass. **Creatine** is a very effective ingredient, because it increases physical performance in successive bursts of short-term, high intensity exercise, like weight training. To build that great physique, **Zinc** contributes to normal protein synthesis and also contributes to the maintenance of normal testosterone levels in the blood.

PACKING:
1.8KG = 60 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
STRAWBERRY, BANANA

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT

Aesthetic MASS

MUSCLE & STRENGTH



- ALL-IN-ONE GAINER
- INCREASE PHYSICAL PERFORMANCE
- HEALTHY TESTOSTERONE LEVELS
- VITAMIN BLEND
- LESS THAN 1.7% FAT

Aesthetic Mass has been specially designed for hard gainers who want to build an amazing and massive aesthetic body. It contains all important mass packers ingredients: **Whey Protein Concentrate** contributes to muscle growth. **Creatine** increases physical performance in successive bursts of short-term, high intensity exercise, like weight training. **Zinc** contributes to the maintenance of normal testosterone levels in the blood. Magnesium contributes to the muscle function and protein synthesis.

PACKING:
5KG = 40 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
STRAWBERRY, BANANA

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT

Aestr-X

MUSCLE & STRENGTH



- ▶ PRE-WORKOUT
- ▶ NO CREATINE, NO CARBS
- ▶ INCREASE PERFORMANCE CAPACITY
- ▶ INCREASE ENERGY & IMPROVE FOCUS
- ▶ NO CRASH AFTER 45 MIN
- ▶ NATURAL TASTE

Aestr-X is a powerful pre-workout drink specially designed without creatine and carbs. Some athletes already take creatine separately or they are in a "cycle-off" phase. Caffeine contributes to an increase of performance and endurance capacity. It also improves concentration and alertness. Unlike with chemical caffeine, you will not experience a crash after 45 minutes of training, as guarana is used as a caffeine source. Guarana releases caffeine slowly, producing a long-lasting energy plateau.

PACKING:
330G = 30 SERVINGS

FLAVOURS:
TROPICAL, PINEAPPLE,
CITRUS, GREEN APPLE

WHEN TO TAKE:
PRE WORKOUT



Aestr-X Shot

MUSCLE & STRENGTH



- ▶ PRE-WORKOUT SHOT
- ▶ NO CREATINE, NO CARBS
- ▶ INCREASE PERFORMANCE CAPACITY
- ▶ INCREASE ENERGY & IMPROVE FOCUS
- ▶ NO CRASH AFTER 45 MIN

Aestr-X is also available in **shots**! A concentrated formula that is easily packed in a bottle of one serving: just open, drink and train. **Aestr-X** is a powerful pre-workout drink specially designed without creatine and carbs. Some athletes already take creatine separately or they are in a "cycle-off" phase. Caffeine contributes to an increase of performance and endurance capacity. It also improves concentration and alertness. Unlike with chemical caffeine, you will not experience a crash after 45 minutes of training, as guarana is used as a caffeine source. Guarana releases caffeine slowly, producing a long-lasting energy plateau.

PACKING:
60ML = 1 SHOT
1 DISPLAY = 20 SHOTS

FLAVOURS:
TROPICAL, PINEAPPLE,
CITRUS

WHEN TO TAKE:
PRE WORKOUT



INGREDIENTS	Per 100g	Per 11g
Strength & Power:		
Beta-Alanine	27,3g	3000mg
Taurine	2,3g	250mg
NO Matrix:		
L-Arginine Alpha-Ketoglutarate	26,3g	2890mg
Citrulline Malate	18,2g	2000mg
Energy & Mental Focus:		
Tyrosine	7,7g	850mg
Paullinia Cupana (Guarana)	5,0g	555mg*
Inositol	0,7g	75mg
Piper Nigrum (Black Pepper)	0,05g	5mg
* = Contains 122mg Caffeine		

INGREDIENTS	Per 100ml	Per 60ml
Strength & Power:		
Beta-Alanine	5000mg	3000mg
Taurine	417mg	250mg
NO Matrix:		
L-Arginine Alpha-Ketoglutarate	4000mg	2400mg
Citrulline Malate	3333mg	2000mg
Energy & Mental Focus:		
Tyrosine	1417mg	850mg
Paullinia Cupana (Guarana)	925mg	555mg*
Inositol	125mg	75mg
Piper Nigrum (Black Pepper)	8mg	5mg
* = Contains 122mg Caffeine		



INGREDIENTS

Creatine Monohydrate

Per 100g |
100g

Per 5g |
5g

CREATINE Monohydrate

MUSCLE & STRENGTH



- ▶ MICRONIZED CREATINE POWDER
- ▶ INCREASE PHYSICAL PERFORMANCE
- ▶ OPTIMIZE ATP ENERGY SYSTEM
- ▶ COMBINE WITH BETA ALANINE

Creatine increases physical performance in successive bursts of short-term, high-intensity exercise. That's why it's suited for fitness, body building, martial arts, sprinting and other explosive sports. Also cyclists, football players need to accelerate and are therefore using the ATP energy system during their sport. To optimize the use of the different energy systems, creatine is often combined with beta-alanine.

PACKING:
300G = 60 SERVINGS

WHEN TO TAKE:
DAILY - LOADING



INGREDIENTS

Beta-Alanine

Per 100g |
100g

Per 5g |
5g

Beta Alanine

PERFORMANCE



- ▶ MICRONIZED BETA ALANINE POWDER
- ▶ PRECURSOR TO CARNOSINE SYNTHESIS
- ▶ OPTIMIZE LACTIC ACID ENERGY SYSTEM
- ▶ COMBINE WITH CREATINE

In many sport disciplines the body doesn't only use one, but multiple energy systems. It depends on the intensity and the duration of the activity. **Beta-Alanine** is very efficient for sustained high intensity efforts starting from 30 seconds up to 4 minutes, like MMA, sprinting, football, cycling. To optimize the use of the different energy systems, beta-alanine is often combined with creatine.

PACKING:
300G = 60 SERVINGS

WHEN TO TAKE:
DAILY - LOADING

ESSENTIAL SERIES

The Essential Series consists of single ingredient supplements or supplements that have a more basic formulation. The essential elements that you need for sports and general health are covered in this range.



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 30g
Energy	385 kcal/ 1629 kJ	115 kcal/ 489 kJ
Fat	5.5g	1.7g
- of which saturated	3.9g	1.2g
Carbohydrates	8.9g	2.7g
- of which sugars	5.8g	1.8g
Protein **	77.9g	23.4g
Salt	1.2g	0.36g

** = on dry matter



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 125g
Energy	384 kcal/ 1625 kJ	480 kcal/ 2031 kJ
Fat	1.5g	1.9g
- of which saturated	0.8g	1.0g
Carbohydrates	69.7g	87.1g
- of which sugars	20.4g	25.5g
Protein **	22.7g	28.4g
Salt	0.44g	0.55g

** = on dry matter

INGREDIENTS	Per 100g	Per 125g
ZMA Complex:		
Zinc	2.0mg	2.5mg (25%*)
Magnesium	80.0mg	100.0mg (27%*)
Vitamin Complex:		
Vitamin B1	0.2mg	0.3mg (26%*)
Vitamin B2	0.3mg	0.4mg (30%*)
Vitamin B3	3.2mg	4.1mg (25%*)
Vitamin B5	1.2mg	1.5mg (25%*)
Vitamin B6	0.3mg	0.4mg (26%*)
Vitamin B12	0.6µg	0.7µg (28%*)

* = Reference Intake of an average adult (8400 kJ / 2000 kcal)

100% WHEY HIGH PROTEIN



- PREMIUM WHEY PROTEIN CONCENTRATE
- 5.3 G BCAA'S & 4.1 G GLUTAMINE PER SERVING
- BUILD LEAN MUSCLE MASS
- DELICIOUS & CREAMY FLAVOURS

100% Whey is a protein shake containing only Whey Protein Concentrate (WPC80) as a protein source. It is of excellent quality and is easy to mix with water, which results in a creamy tasty shake. **100% Whey** contributes to muscle growth and the development of lean muscle mass and is most effective when taken in the morning after you get up and immediately after your training.

PACKING:
750G = 25 SERVINGS
1.8KG = 60 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
STRAWBERRY, BANANA
COOKIES & CREAM

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT

SynPro PURE MASS MUSCLE & STRENGTH



- HIGHLY DIGESTIBLE GAINER
- TIME RELEASE PROTEIN MATRIX
- HEALTHY TESTOSTERONE LEVELS
- VITAMIN BLEND
- LESS THAN 1.5% FAT

SynPro Pure Mass has been designed to easily blend with a limited amount of water. Most manufacturers bring out high-calorie gainers which are poorly digestible and heavy on the stomach. Even though these gainers contain a considerable amount of calories, they undermine your appetite during the day. As a result, the net consumption of extra calories is not as high as you expect it to be. Muscle building complex ZMA is added to the formula, because intensive training can cause sudden drops in zinc and magnesium levels of athletes. **Zinc** contributes to the maintenance of normal testosterone levels in the blood. **Magnesium** contributes to the muscle function and protein synthesis and reduces tiredness and fatigue.

PACKING:
5KG = 40 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
STRAWBERRY

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT

Protein & Oats Pancakes

HEALTH



- ▶ DELICIOUS HIGH PROTEIN PANCAKES
- ▶ NATURAL & LOW IMPACT CARBS
- ▶ LOW IN SUGAR
- ▶ EASY TO BAKE, NO STICKING

Protein & Oats Pancakes is a healthy and delicious high protein alternative to normal pancakes. Featuring no less than 3 different forms of protein, each freshly flipped pancake delivers an impressive 18,5 g of fast, medium and slow releasing protein (**Whey Protein Isolate**, **Egg Protein** and **Milk Protein**). At the same time it's low in sugar and provides you with a slow releasing source of natural complex carbohydrates in the form of ultra-fine ground **whole oats**.



PACKING:
900G = 18 SERVINGS

FLAVOURS:
VANILLA

WHEN TO TAKE:
BREAKFAST -
DURING THE DAY -
DESSERT

TYPICAL NUTRITIONAL VALUE	Per 100g	Per 50g
Energy	415 kcal/ 1741 kJ	208 kcal/ 871 kJ
Fat	15,0g	7,5g
- of which saturated	4,7g	2,4g
Carbohydrates	38,1g	19,0g
- of which sugars	2,8g	1,4g
Protein **	36,9g	18,5g
Salt	0,76g	0,38g

** = on dry matter

SynOxy BOOST

MUSCLE & STRENGTH



- ▶ PRE-WORKOUT WITH VINITROX™
- ▶ INCREASE PHYSICAL PERFORMANCE
- ▶ INCREASE ENDURANCE CAPACITY
- ▶ IMPROVE FOCUS
- ▶ NO CRASH AFTER 45 MIN
- ▶ DELICIOUS FLAVOURS

SynOxy Boost is a highly concentrated pre-workout product designed for high intensity and endurance training. It combines **citrulline malate** with **ViNitrox™**, which is a very efficient mix and match. Nitric Oxide is very popular among athletes looking for optimal oxygen and nutrient flow. The formulation of **SynOxy Boost** is completed with **caffeine**, **beta-alanine** and **creatine**. Creatine increases physical performance in successive bursts of short-term, high intensity training. Caffeine contributes to an increase of endurance capacity and improves concentration and alertness.



PACKING:
300G = 30 SERVINGS

FLAVOURS:
EXOTIC, BLUEBERRY PEAR

WHEN TO TAKE:
PRE WORKOUT

INGREDIENTS	Per 100g	Per 10g
Strength & Power:		
Creatine Monohydrate	30g	3000mg
Beta-Alanine	20g	2000mg
NO Matrix:		
Citrulline Malate	30g	3000mg
Vinitrox™	5g	500mg
Energy & Mental Focus:		
Paullinia Cupana (Guarana)	7,2g	723mg*

* = Contains 159mg Caffeine



INGREDIENTS
Creatine Monohydrate by Creapure® pH 10

Per 4 vcaps |
3g

Double Buffered Creatine

MUSCLE & STRENGTH



- ▶ BY CREAPURE® pH 10
- ▶ NO LOADING PHASE
- ▶ NO WATER RETENTION
- ▶ INCREASE PHYSICAL PERFORMANCE
- ▶ FOR POWER AND ENDURANCE ATHLETES



Creapure® pH 10 is the double buffered version of Creapure®, worldwide recognized as the benchmark for creatine quality. The natural minerals sodium carbonate and sodium bi-carbonate create an alkaline environment with a pH value of 10, which makes **Double Buffered Creatine** more efficient than other types of creatine. Creatine increases physical performance in successive bursts of short-term, high intensity exercise. That's why it's suited for fitness, body building, martial arts, sprinting and other explosive sports. Also cyclists, football players need to accelerate and are therefore using the ATP energy system during their sport. To optimize the use of the different energy systems, creatine is often combined with beta-alanine.

PACKING:
120 VCAPS = 30 DAYS

WHEN TO TAKE:
DAILY



INGREDIENTS
Creatine Monohydrate by Creapure® 100g

Per 5g |
5g

CREATINE by Creapure®

MUSCLE & STRENGTH



- ▶ ULTRAPURE CREATINE POWDER
- ▶ BENCHMARK FOR CREATINE QUALITY
- ▶ INCREASE PHYSICAL PERFORMANCE
- ▶ OPTIMIZE ATP ENERGY SYSTEM
- ▶ COMBINE WITH BETA ALANINE



When it comes to purity, safety and effectiveness, no other type of creatine can top Creapure®, patented and recognized worldwide as the benchmark for creatine quality. Creatine increases physical performance in successive bursts of short-term, high intensity exercise. That's why it's suited for fitness, body building, martial arts, sprinting and other explosive sports. Also cyclists, football players need to accelerate and are therefore using the ATP energy system during their sport. Creatine is often combined with beta alanine.

PACKING:
400G = 80 SERVINGS

WHEN TO TAKE:
DAILY - LOADING

SR CarnoSyn® Beta Alanine

PERFORMANCE



- ▶ TABLET SUSTAINED RELEASE SYSTEM
- ▶ BENCHMARK FOR BETA ALANINE QUALITY
- ▶ OPTIMIZE LACTIC ACID ENERGY SYSTEM
- ▶ COMBINE WITH CREATINE



The latest innovation of CarnoSyn® is a tablet **Sustained Release** system, by which the ingredient stays longer in the body. Beta-alanine is better absorbed and therefore more effective in increasing the carnosine levels. In many sport disciplines the body doesn't only use one, but multiple energy systems. It depends on the intensity and the duration of the activity. **SR Carnosyn® Beta Alanine** is very efficient for sustained high intensity efforts starting from 30 seconds up to 4 minutes, like MMA, sprinting, football, cycling. To optimize the use of the different energy systems, beta-alanine is often combined with creatine.

PACKING:

120 TABS = 40 SERVINGS

WHEN TO TAKE:

DAILY WITH A MEAL -
LOADING



INGREDIENTS

SR Carnosyn® Beta Alanine

Per 6 tabs |
4,8g

L-Arginine AKG

MUSCLE & STRENGTH



- ▶ PRE-WORKOUT
- ▶ PURE ALPHA-KETOGLUTARATE
- ▶ FOR POWER AND ENDURANCE ATHLETES
- ▶ 1000MG PER VCAP

L-Arginine Alpha-Ketoglutarate is a very versatile supplement and is suited for athletes looking for a pure Arginine product, without any addition of other ingredients. **L-Arginine AKG** is suited for different types of sports, such body building, fitness, athletics, boxing, rugby, cycling etc. Each capsule contains 1000mg of L-Arginine AKG.

PACKING:

90 VCAPS = 30 SERVINGS

WHEN TO TAKE:

PRE WORKOUT



INGREDIENTS

L-Arginine Alpha-Ketoglutarate

Per 3 vcaps |
3000mg

ESSENTIAL SERIES



INGREDIENTS

L-Leucine	3000mg
L-Isoleucine	1500mg
L-Valine	1500mg
Vitamin B6	2,8mg (200%*)

* = Reference Intake of an average adult (8400 kJ / 2000 kCal)

Per 6 vcaps

BCAA

MUSCLE & STRENGTH



- ▶ BRANCHED CHAIN AMINO ACIDS VCAPS
- ▶ PROPORTION 2:1:1
- ▶ REDUCE TIREDNESS AND FATIGUE
- ▶ RED BLOOD CELL FORMATION
- ▶ IMMUNE AND NERVOUS SYSTEM

The three Branched Chain Amino Acids are L-leucine, L-isoleucine and L-valine. They belong to the group of essential amino acids, because they cannot be synthesized by the human body. That's why a strategic supplementation of BCAAs immediately before and after training, is important for athletes. The formula of **BCAA** is completed with vitamin B6, which contributes to the reduction of fatigue, to normal red blood cell formation, and to the normal function of the immune and nervous system.

PACKING:

150 VCAPS = 50 SERVINGS
300 VCAPS = 100 SERVINGS

WHEN TO TAKE:

PRE WORKOUT &
POST WORKOUT



TYPICAL NUTRITIONAL VALUE

	Per 100g	Per 10g
Energy	3 kcal/ 131 kJ	3 kcal/ 13 kJ
Fat	0,0g	0,0g
- of which saturated	0,0g	0,0g
Carbohydrates	7,6g	0,8g
- of which sugars	0,6g	0,1g
Protein **	0,0g	0,0g
Salt	0,0g	0,0g

** = on dry matter

INGREDIENTS

Amino Blend:	Per 100g	Per 10g
L-Leucine	52,0g	5200mg
L-Isoleucine	6,5g	650mg
L-Valine	6,5g	650mg
L-Glutamine	20,0g	2000mg

BCAA & Glutamine 8:1:1

MUSCLE & STRENGTH



- ▶ INTRA-WORKOUT
- ▶ 8:1:1 PROPORTION BCAAs
- ▶ ZERO FAT, NEARLY ZERO SUGARS
- ▶ NATURAL TASTE

BCAA & Glutamine is an intra-workout drink which can be taken immediately before or during your workout. It supplies the body with the branched chain amino acids L-Leucine, L-Isoleucine, L-Valine and L-Glutamine. **BCAA & Glutamine** is specially designed for athletes who don't want carbs in their intra-workout.

The BCAAs belong to the group of essential amino acids, because they cannot be synthesized by the human body. L-glutamine is considered a semi-essential amino acid because in certain circumstances the human body cannot produce enough of it to meet the needs of athletes.

PACKING:

300G = 30 SERVINGS

FLAVOURS:

ORANGE, LEMON, RASPBERRY, LEMON ICE TEA

WHEN TO TAKE:

INTRA WORKOUT

L-Glutamine

RECOVERY



- ▶ MICRONIZED GLUTAMINE POWDER
- ▶ SUITED FOR ALL ATHLETES
- ▶ NO FLAVOUR
- ▶ EASILY ADD TO YOUR PROTEIN SHAKE

L-Glutamine is considered a semi-essential amino acid because in certain circumstances the human body cannot produce enough of the substance in order to meet our needs and especially those of athletes. **L-Glutamine** is the most common amino acid in the blood and muscular tissue and it's widely used by sportsmen and women in athletics, bodybuilding, strength- and other high intensity sports.

PACKING:
300G = 60 SERVINGS

WHEN TO TAKE:
POST WORKOUT OR
BEFORE BEDTIME



INGREDIENTS
L-Glutamine

Per 100g |
100g

Per 5g |
5g

CLA

WEIGHT MANAGEMENT



- ▶ WEIGHT MANAGEMENT
- ▶ CONJUGATED LINOLEIC ACID
- ▶ 1000MG PER SOFTGEL
- ▶ HIGH IN ACTIVE ISOMERS

CLA (Conjugated Linoleic Acid) is a fatty acid that can be mostly be found in meat and dairy products. It's made of safflower oil and contains no stimulants. **CLA** has a perfect mixture of the two active isomers (c9,t11) and (t10,c12).

PACKING:
120 SOFTGELS =
40 SERVINGS

WHEN TO TAKE:
DAILY WITH MEAL



INGREDIENTS
CLA (Conjugated Linoleic Acid):
- of which (c9,t11) isomers
- of which (t10,c12) isomers

Per 3 softgels |
3000mg
1110mg
1110mg



INGREDIENTS

L-Carnitine

Per 2 vcaps
1000mg



INGREDIENTS

L-Carnitine
Camellia Sinensis (Green Tea)
Vitamin B1
Vitamin B6

Per 100ml

10000mg
100mg
12.5mg
25mg

Per 30ml

3000mg
30mg
3.75mg
7.5mg

L-Carnitine

WEIGHT MANAGEMENT



- ▶ WEIGHT MANAGEMENT
- ▶ PURE TARTRATE
- ▶ 500MG PER VCAP

L-Carnitine is being synthesized by the body from the amino acids lysine and methionine. It mainly can be found in animal products like meat, fish and dairy. SynTech uses L-Carnitine Tartrate, a form of carnitine with a better uptake. L-Carnitine is used worldwide by people managing their weight and by athletes for energy production.

PACKING:

100 VCAPS = 50 SERVINGS

WHEN TO TAKE:

DAILY WITH MEAL

L-Carnitine Shot

WEIGHT MANAGEMENT



- ▶ PRE-WORKOUT SHOT
- ▶ WITH GREEN TEA
- ▶ WITH VITAMIN B1 & B6
- ▶ 2 SERVINGS PER BOTTLE

L-Carnitine is also available in **shots**! A concentrated formula that is easily packed in a bottle of two servings: just open, drink and train. L-Carnitine is used worldwide by people managing their weight and by athletes for energy production. The formula has been completed with **green tea**, **vitamins B1** and **B6**. Each serving contains 3000mg of L-Carnitine and each bottle of 60 ml contains 2 servings!

PACKING:

60ML = 2 SERVINGS
1 DISPLAY = 20 BOTTLES

FLAVOURS:

LEMON

WHEN TO TAKE:

PRE WORKOUT

Vitamin D3

HEALTH



- ▶ IMMUNE SYSTEM
- ▶ MUSCLE FUNCTION
- ▶ BONES & TEETH
- ▶ CALCIUM & PHOSPHORUS ABSORPTION

Vitamin D is often called the "sunshine vitamin", because the body produces Vitamin D naturally when the skin is directly exposed to sunlight. An estimated 50% of the people worldwide is affected by Vitamin D insufficiency, and it's common across all ethnicities and age groups. Vitamin D contributes to: the normal function of the immune system, the maintenance of normal muscle function, the maintenance of normal bones and teeth, and to the normal absorption of calcium and phosphorus.

PACKING:
270 MINI TABLETS =
3 MONTHS

WHEN TO TAKE:
DAILY WITH MEAL



INGREDIENTS
Vitamin D3

Per 3 tabs
75µg (3000 IU)

ZMA

MUSCLE & STRENGTH



- ▶ MUSCLE FUNCTION
- ▶ REDUCE TIREDNESS & FATIGUE
- ▶ HEALTHY TESTOSTERONE LEVELS
- ▶ IMMUNE SYSTEM
- ▶ PROTECT FROM OXIDATIVE STRESS

ZMA is a Zinc Magnesium product with Vitamin B6. It has different applications for general health and specifically for athletes, because intense workouts can lead to fast depletion of zinc and magnesium levels. **Magnesium** contributes to the muscle function and protein synthesis. **Zinc** contributes to the protection of cells from oxidative stress and contributes to the maintenance of normal testosterone levels in the blood. **Vitamin B6** contributes to the regulation of hormonal activity. Both Vitamin B6 and Magnesium contribute to the reduction of tiredness and fatigue.

PACKING:
90 VCAPS = 30 DAYS

WHEN TO TAKE:
DAILY:
BEFORE BEDTIME



INGREDIENTS
Zinc
Magnesium
Vitamin B6

Per 3 vcaps
15mg (150%*)
225mg (60%*)
4.5mg (321%*)

* = Reference Intake of an average adult (8400 kJ / 2000 kCal)

ESSENTIAL SERIES



INGREDIENTS

Omega 3
- of which EPA
- of which DHA
Vitamin E

Per 3 softgels

900mg
540mg
360mg
9mg

Omega 3 HEALTH



- ▶ GENERAL HEALTH
- ▶ FISH OIL
- ▶ 900MG OMEGA 3
- ▶ HIGH IN EPA & DHA

Omega 3 is a basic supplement for every sportsman and woman. **Omega 3** fatty acids are poly unsaturated fatty acids that are mainly found in fish oil. They are popularly referred to as 'fish fatty acids', the most well-known being EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). EPA and DHA contribute to the normal function of the heart. This beneficial effect is obtained with a minimal daily intake of 250mg of EPA and DHA.

PACKING:

180 SOFTGELS = 2 MONTHS

WHEN TO TAKE:

DAILY WITH MEAL

ELITE SERIES

Are you looking for high-dosed supplements and want state-of-the-art formulations? According to the latest scientific research, we did the math for you, so you don't have to figure out yourself what to take. We have put the best ingredients together, creating the "Rolls Royce" of our brand: the Elite Series.



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 30g
Energy	384 kcal/ 1626 kJ	115 kcal/ 488 kJ
Fat	5,0g	1,5g
- of which saturated	2,7g	0,8g
Carbohydrates	7,1g	2,1g
- of which sugars	5,0g	1,5g
Protein **	81,0g	24,3g
Salt	0,81g	0,24g

** = on dry matter

SynPro WHEY

HIGH PROTEIN



- ▶ ULTRA WHEY PROTEIN ISOLATE & CONCENTRATE
- ▶ 5.5 G BCAAs & 4.3 G GLUTAMINE PER SERVING
- ▶ BUILD LEAN MUSCLE MASS
- ▶ DELICIOUS & CREAMY FLAVOURS

SynPro WHEY is an instant whey protein of excellent quality. It consists of a **Whey Protein Isolate** (WPI90) and a **Whey Protein Concentrate** (WPC80). SynPro WHEY is rich in BCAAs and glutamine and contains almost no fat. High protein content contributes to the growth and maintenance of muscle mass. **SynPro WHEY** is most effective when taken in the morning after you get up and immediately after your training. It is easy to mix with water, which results in a delicious creamy shake.

PACKING:
900G = 30 SERVINGS
2.04KG = 68 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
STRAWBERRY, BANANA,
COOKIES & CREAM

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 30g
Energy	375 kcal/ 1570 kJ	113 kcal/ 471 kJ
Fat	2,0g	0,6g
- of which saturated	1,0g	0,3g
Carbohydrates	4,7g	1,4g
- of which sugars	4,7g	1,4g
Protein **	89,2g	26,8g
Salt	0,55g	0,16g

** = on dry matter

SynPro HYDRO

HIGH PROTEIN



- ▶ 100% PURE WHEY PROTEIN HYDROLISATE
- ▶ NOT BITTER BUT GREAT TASTE
- ▶ 89% PROTEIN CONTENT
- ▶ RAPID AMINO SURGE
- ▶ LOW IN LACTOSE

SynPro Hydro is a 100% pure Instant Whey Protein Hydrolysate of excellent quality. It's produced by enzymatic hydrolysis of exclusively Whey Protein Isolate. No other sources of Whey Protein or blends of protein are used. Since the protein is already broken down into smaller peptides, it is quickly absorbed by the body and easily digested. The high protein content of SynPro Hydro contributes to muscle growth and the development of lean muscle mass. **SynPro Hydro** is most effective when taken in the morning after upon waking, before and immediately after your training. In contrary to other protein hydrolysates, **SynPro Hydro** has a delicious taste!

PACKING:
1.5KG = 50 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
COOKIES & CREAM

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT

SynPro MATRIX

HIGH PROTEIN



- ▶ MULTI-STAGED PROTEIN MATRIX
- ▶ BEFORE BEDTIME
- ▶ FITS WITH HEALTHY DIET PLAN
- ▶ BUILD OR MAINTAIN MUSCLE

SynPro Matrix is a powerful time-release matrix of fast, medium and slow moving protein fractions: 3 types of whey proteins (whey protein hydrolysate, isolate and concentrate), egg albumin, soy protein isolate and micellar casein. The various protein fractions are gradually digested, producing a constant flow of amino acids. High protein content contributes to the growth of muscle mass by training or to the maintenance of muscle mass during a diet. **SynPro Matrix** has a long lasting effect and it is the ideal snack during the day or before going to bed.

PACKING:
900G = 30 SERVINGS
2.04KG = 68 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
STRAWBERRY, BANANA,
COOKIES & CREAM

WHEN TO TAKE:
TWICE DAILY:
BETWEEN MEALS &
BEFORE BEDTIME



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 30g
Energy	370 kcal/ 1557 kJ	111 kcal/ 467 kJ
Fat	2,7g	0,8g
- of which saturated	2,0g	0,6g
Carbohydrates	7,7g	2,3g
- of which sugars	4,1g	1,2g
Protein **	80,3g	24,1g
Salt	1,33g	0,40g

** = on dry matter

SynPro VEGAN

HIGH PROTEIN



- ▶ 100% PURE PEA PROTEIN ISOLATE
- ▶ LACTOSE, GLUTEN & SOY FREE
- ▶ HIGH PROTEIN CONTENT
- ▶ BALANCED AMINO ACID PROFILE
- ▶ TASTY EXOTIC FLAVOURS

SynPro Vegan is a plant-based protein powder, made of 100% high quality Pea Protein Isolate. SynPro Vegan has a complete amino acid profile, and is free from lactose, gluten and soy. This makes SynPro Vegan an ideal protein shake for athletes who may have difficulty supplementing with other types of protein, like Whey Protein or Micellar Casein. **SynPro Vegan** is rich in BCAAs, glutamine and iron. It is low in sugars and saturated fat and has a source of fibres. Therefore it's not only suitable for athletes, but it's also a great supplement for vegetarians and vegans looking for a delicious source of protein in their diet.

PACKING:
900G = 30 SERVINGS

FLAVOURS:
VANILLA, TRIPLE BERRY,
MANGO

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 30g
Energy	368 kcal/ 1540 kJ	110 kcal/ 462 kJ
Fat	3,8g	1,1g
- of which saturated	0,6g	0,2g
Carbohydrates	6,1g	1,8g
- of which sugars	0,6g	0,2g
Fiber	3,1g	0,9g
Protein **	80,9g	24,3g
Salt	3,50g	1,05g

** = on dry matter

EAT ME!

HIGH PROTEIN



TYPICAL NUTRITIONAL VALUE	Per 100g	Per Bar 60g
Energy	395 kcal/ 1655 kJ	237 kcal/ 993 kJ
Fat	14,8g	8,9g
- of which saturated	12,8g	7,7g
Carbohydrates	36,2g	21,7g
- of which sugars	14,9g	8,9g
- of which polyols	15,6g	9,4g
Fiber	8,0g	4,8g
Protein **	33,3g	20,0g
Salt	0,30g	0,18g

** = on dry matter

- ▶ HIGH PROTEIN BAR WITH 3G LEUCINE
- ▶ SOFT & CRUNCHY FROM THE INSIDE
- ▶ RICH CHOCOLATE ON THE OUTSIDE
- ▶ UNRIVALLED TASTE EXPERIENCE
- ▶ NO ARTIFICIAL FLAVOURS OR COLOURS
- ▶ NO PRESERVATIVES

EAT ME! is a well-balanced premium protein bar, providing 20g of protein, 3g of L-Leucine and 4,8 g of fiber. Covered with rich chocolate on the outside and with a uniquely fresh and crunchy texture on the inside, **EAT ME!** offers a high protein bar with an unrivalled taste experience. It doesn't contain any artificial flavours, colouring agents, nor any preservatives. **EAT ME!** is easy and convenient to keep on hand, it is a great option for the athlete on-the-go, for the gym enthusiast looking for extra protein, or for anyone with a busy and active lifestyle who needs the maximum nutrition with the minimum effort.

PACKING:
1 BAR = 60G
1 DISPLAY = 12 BARS

FLAVOURS:
CHOCOLAT COOKIE DOUGH

WHEN TO TAKE:
ON THE GO -
ANY TIME OF DAY -
POST WORKOUT



SynPro Diet MRP

WEIGHT MANAGEMENT



- ▶ MEAL REPLACEMENT FOR WEIGHT CONTROL
- ▶ FITS AN ENERGY RESTRICTED DIET
- ▶ CONTRIBUTES TO WEIGHT LOSS
- ▶ LOW-IMPACT CARBS
- ▶ FULL SPECTRUM OF VITAMINS & MINERALS
- ▶ WITH FLAXSEED & CLA & GREEN TEA & L-CARNITINE

SynPro Diet MRP is a Meal Replacement that supplies a strategic calorie intake combined with a vitamin and mineral complex. It contributes to weight loss if you substitute two of the main meals of an energy restricted diet. SynPro Diet MRP consists of a smart time-release matrix of fast and slow **proteins** and low impact carbs from **Oats** and **Palatinose®**. The formula is completed with **Flaxseed**, **CLA**, **Green Tea** and **L-Carnitine**.



PACKING:
825G = 15 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
COOKIES & CREAM

WHEN TO TAKE:
REPLACE MEAL



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 55g
Energy	379 kcal/ 1591 kJ	209 kcal/ 875 kJ
Fat	8,8g	4,9g
- of which saturated	1,8g	1,0g
Carbohydrates	31,7g	17,4g
- of which sugars	16,3g	9,0g
Fiber	2,2g	1,2g
Protein **	46,6g	25,6g
Salt	0,85g	0,47g

** = on dry matter

INGREDIENTS	Per 100g	Per 55g
Flaxseed Oil	763mg	420mg
CLA (Conjugated Linoleic Acid)	10901mg	600mg
L-Carnitine	691mg	380mg
Camellia Sinensis (Green Tea)	910mg	500mg
Vitamin Complex:		
Vitamin A	436,4µg	240µg (30%*)
Vitamin B1	0,6mg	0,3mg (30%*)
Vitamin B2	0,8mg	0,4mg (30%*)
Vitamin B3	8,7mg	4,8mg (30%*)
Vitamin B5	3,3mg	1,8mg (30%*)
Vitamin B6	0,8mg	0,4mg (30%*)
Vitamin B8 (Biotin)	27,3µg	15,0µg (30%*)
Vitamin B9 (Folic Acid)	109,1µg	60,0µg (30%*)
Vitamin B12	1,4µg	0,8µg (30%*)
Vitamin C	43,6mg	24,0mg (30%*)
Vitamin D3	2,7µg	1,5µg (30%*)
Vitamin E	6,6mg	3,6mg (30%*)
Vitamin K	40,9µg	22,5µg (30%*)
Mineral Complex:		
Calcium	910,9mg	501,0mg (63%*)
Chloride	979,4mg	538,7mg (67%*)
Copper	0,6mg	0,3mg (30%*)
Iron	7,8mg	4,3mg (31%*)
Iodine	83,9µg	46,2µg (31%*)
Potassium	909,1mg	500,0mg (25%*)
Magnesium	208,7mg	114,8mg (31%*)
Manganese	1,1mg	0,6mg (30%*)
Phosphorus	412,6mg	226,9mg (32%*)
Selenium	32,0µg	17,6µg (32%*)
Zinc	5,7mg	3,1mg (31%*)

* = Reference Intake of an average adult (8400 kJ / 2000 kCal)



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 50g
Energy	352 kcal/ 1488 kJ	176 kcal/ 744 kJ
Fat	2,7g	1,3g
- of which saturated	1,9g	0,9g
Carbohydrates	32,8g	16,4g
- of which sugars	23,9g	11,9 g
Protein **	47,9g	24,0g
Salt	0,73g	0,37g

** = on dry matter

INGREDIENTS	Per 100g	Per 50g
Creapure® Creatine	4000mg	2000mg
Beta-Alanine	3000mg	1500mg
L-Leucine	3000mg	1500mg

SynChronize

MUSCLE & STRENGTH



- ▶ ALL-IN-ONE LEAN GAINER
- ▶ TIME RELEASE PROTEIN MATRIX
- ▶ LOW-IMPACT CARB PALATINOSE®
- ▶ BUILD LEAN MUSCLES
- ▶ OPTIMIZE ENERGY SYSTEMS



SynChronize is without doubt the most effective "All-in-One" formula available on the market. Syn-Tech™ created its formula only with the best synergistic ingredients in the proper active amounts.

SynChronize is a smart combination of fast and slow proteins, contains a strategic amount of carbohydrates and a perfect blend of synergistic muscle builders. The protein content contributes to the growth of muscle mass and **L-leucine** contributes to protein synthesis. The combination of **Creapure® creatine** and **beta-alanine** optimizes the ATP and the Lactic Acid Energy System.

SynChronize is an essential supplement suited for every modern athlete: two shakes a day will provide you with all the essential ingredients in order to develop lean muscle mass.

PACKING:
2KG = 40 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
BANANA, COOKIES & CREAM

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 125g
Energy	378 kcal/ 1603 kJ	473 kcal/ 2004 kJ
Fat	2,9g	3,7g
- of which saturated	1,0g	1,2g
Carbohydrates	67,9g	84,9g
- of which sugars	8,6g	10,8g
Protein **	20,6g	25,7g
Salt	0,49g	0,61g

** = on dry matter

INGREDIENTS	Per 100g	Per 125g
Creapure® Creatine	1600mg	2000mg
Beta-Alanine	1600mg	2000mg
HMB (Hydroxy-Methyl-Butyrate)	1200mg	1500mg

SynTsize MASS

MUSCLE & STRENGTH



- ▶ ALL-IN-ONE MASS GAINER
- ▶ TIME RELEASE PROTEIN MATRIX
- ▶ INCREASE PHYSICAL PERFORMANCE
- ▶ OPTIMIZE ENERGY SYSTEMS
- ▶ WITH HMB



Numerous mass gainers are no more than sugar bombs, containing only a small amount of proteins and a small amount of other expensive ingredients. **SynTsize Mass**, on the other hand, is an innovative quality gainer which contains the proper ratio of proteins combined with a scientific blend of muscle builders. The protein content contributes to the growth of muscle mass. The combination of **Creapure® creatine** and **beta-alanine** optimizes the ATP and the Lactic Acid Energy System. **Creatine** increases physical performance in successive bursts of short-term, high intensity exercise, like weight training. The formula is completed with a full dose of **HMB**.

PACKING:
2.3KG = 18 SERVINGS
4.6KG = 36 SERVINGS

FLAVOURS:
VANILLA, CHOCOLATE,
BANANA, COOKIES & CREAM

WHEN TO TAKE:
TWICE DAILY:
MORNING &
POST WORKOUT

SynNOvator Crea+

MUSCLE & STRENGTH



- ▶ PRE-WORKOUT CREATINE CAPS
- ▶ TRIPLE NO MATRIX
- ▶ INCREASE PHYSICAL PERFORMANCE
- ▶ INCREASE ENDURANCE CAPACITY
- ▶ IMPROVE FOCUS
- ▶ FOR POWER ATHLETES



SynNOvator Crea+ is a powerful pre-workout creatine supplement in capsules. It's an excellent combination of synergistic NO-ingredients and Double Buffered Creatine Creapure® pH 10. Nitric Oxide is very popular among athletes looking for optimal oxygen and nutrient flow. Creatine increases physical performance in successive bursts of short-term, high intensity training. Caffeine contributes to an increase of endurance capacity and improves concentration and alertness.



PACKING:
300 VCAPS = 30 DAYS

WHEN TO TAKE:
TWICE DAILY:
MORNING &
PRE WORKOUT

INGREDIENTS	Per 10 vcaps
Strength & Power	
Creatine Monohydrate by Creapure® pH 10	3000mg
Triple Action Nitric Oxide Matrix	
L-Arginine Alpha-Ketoglutarate	4000mg
Citrulline Malate	2000mg
Ornithine Alpha-Ketoglutarate	1100mg
Energy & Mental Focus	
Paullinia Cupana (Guarana)	500mg*
Theobroma Cacao L (Theobromine)	500mg
* = Contains 110mg Caffeine	

SynNOvator Beta+

PERFORMANCE & ENDURANCE



- ▶ PRE-WORKOUT BETA ALANINE CAPS
- ▶ TRIPLE NO MATRIX
- ▶ OPTIMIZE LACTIC ACID ENERGY SYSTEM
- ▶ INCREASE ENDURANCE CAPACITY
- ▶ IMPROVE FOCUS
- ▶ FOR POWER AND ENDURANCE ATHLETES

SynNOvator Beta+ is a powerful pre-workout beta-alanine supplement in capsules. It's an excellent combination of synergistic NO-ingredients and Beta-Alanine. Nitric Oxide is very popular among athletes looking for optimal oxygen and nutrient flow. In many sport disciplines the body doesn't only use one, but multiple energy systems. It depends on the intensity and the duration of the activity. SynNOvator Beta+ is very efficient for sustained high intensity efforts starting from 30 seconds up to 4 minutes, like MMA, sprinting, football, cycling. Caffeine contributes to an increase of endurance capacity and improves concentration and alertness.



PACKING:
300 VCAPS = 30 DAYS

WHEN TO TAKE:
TWICE DAILY:
MORNING &
PRE WORKOUT

INGREDIENTS	Per 10 vcaps
Power & Endurance	
Beta-Alanine	4000mg
Triple Action Nitric Oxide Matrix	
L-Arginine Alpha-Ketoglutarate	4000mg
Citrulline Malate	2000mg
Ornithine Alpha-Ketoglutarate	1200mg
Energy & Mental Focus	
Paullinia Cupana (Guarana)	500mg*
Theobroma Cacao L (Theobromine)	500mg
* = Contains 110mg Caffeine	



INGREDIENTS

Power & Endurance:

	Per 100g	Per 20g
Creapure® Creatine	15g	3000mg
Beta-Alanine	10g	2000mg
Taurine	7.5g	1500mg

Double Action NO Matrix:

L-Arginine Alpha-Ketoglutarate	15g	3000mg
Citrulline Malate	10g	2000mg

BCAA Blend:

L-Leucine	5g	1000mg
L-Isoleucine	2.5g	500mg
L-Valine	2.5g	500mg

Focus Blend:

Tyrosine	4g	800mg
Paullinia Cupana (Guarana)	2.5g	500mg*
Theobroma Cacao L. (Theobromine)	2.5g	500mg

* = Contains 113mg Caffeine



TYPICAL NUTRITIONAL VALUE

	Per 100g	Per 42g
Energy	264 kcal/ 1124 kJ	111 kcal/ 472 kJ
Fat	0.0g	0.0g
- of which saturated	0.0g	0.0g
Carbohydrates	65.6g	27.6g
- of which sugars	5.9g	2.5g
Protein **	0.0g	0.0g
Salt	0.67g	0.28g

** = on dry matter

INGREDIENTS

	Per 100g	Per 42g
L-Glutamine	9.5g	4000mg
Citrulline Malate	4.8mg	2000mg
BCAA Blend:	16.7g	7000mg
L-Leucine	8.3g	3500mg
L-Isoleucine	4.2g	1750mg
L-Valine	4.2g	1750mg
Vitamin Complex:		
Vitamin B3	47.6mg	20mg (125%*)
Vitamin B6	14.3mg	6mg (428%*)
Vitamin B12	7.1µg	3µg (120%*)
Vitamin C	71.0mg	30mg (37%*)

* = Reference Intake of an average adult
(8400 kJ / 2000 kCal)

SynTsize PUMP

MUSCLE & STRENGTH



- ▶ ALL-IN-ONE PRE-WORKOUT
- ▶ INCREASE PHYSICAL PERFORMANCE
- ▶ INCREASE ENDURANCE CAPACITY
- ▶ OPTIMIZE ENERGY SYSTEMS
- ▶ NO CRASH AFTER 45 MIN
- ▶ NATURAL TASTE

SynTsize Pump is an all-in-one pre-workout product of the latest generation, designed for high intensity and endurance training. SynTsize Pump contains high dosed NO- ingredients, including 2g of BCAA. Nitric Oxide is very popular among athletes looking for optimal oxygen and nutrient flow. Creatine increases physical performance in successive bursts of short-term, high intensity training. It's combined with beta-alanine and caffeine, which optimizes different energy systems, and therefore is suited for weight lifting, MMA, sprinting, track & field sports and cycling.

PACKING:
600G = 30 SERVINGS

FLAVOURS:
TROPICAL, FRUIT PUNCH,
WATERMELON, APRICOT

WHEN TO TAKE:
PRE WORKOUT

ProXtend

RECOVERY



- ▶ ALL-IN-ONE INTRA-WORKOUT
- ▶ ALL-IN-ONE PERFORMANCE DRINK
- ▶ MASSIVE DOSE BCAAs & CITRULLINE & GLUTAMINE
- ▶ VITAMIN COMPLEX
- ▶ DESIGNED FOR POWER & ENDURANCE ATHLETES

ProXtend is an intra-workout drink which can be taken immediately before or during your training. ProXtend consists of a strategic mix of carbohydrates and a massive dose of BCAAs, L-glutamine and citrulline malate. It's a multifunctional instant drink, designed for both endurance and power athletes. Maltodextrin carbohydrates deliver fast energy at the right moment to replenish glycogen stores during intensive training. BCAAs are essential ingredients in this formula, because they can be converted in the liver into glucose providing energy. The formula is completed with a Vitamin complex that contributes to the reduction of tiredness and fatigue, essential for any athlete.

PACKING:
1.26KG = 30 SERVINGS

FLAVOURS:
TROPICAL, WATERMELON,
GRAPEFRUIT

WHEN TO TAKE:
INTRA WORKOUT

EAA Electrolyte

MUSCLE & STRENGTH



- ▶ INTRA-WORKOUT
- ▶ ESSENTIAL AMINO ACIDS IN SCIENTIFIC PROPORTION
- ▶ VITAMINS & ELECTROLYTES
- ▶ EFFICIENT HYDRATION
- ▶ MUSCLE FUNCTION
- ▶ REDUCE TIREDNESS & FATIGUE

EAA Electrolyte is an intra-workout drink which can be taken immediately before or during your workout. It supplies the body with all **Essential Amino Acids**, **Vitamins** and **Electrolytes** that keep you hydrated during your workout. The **EAA**s are scientifically formulated in proportion to the daily needs of the human body, as established by the World Health Organization and United Nations University. The **Vitamin Complex** contributes to the reduction of tiredness and fatigue, and magnesium contributes to normal muscle function, which is essential for any athlete.

PACKING:
400G = 30 SERVINGS

FLAVOURS:
PASSION FRUIT, APPLE PEAR

WHEN TO TAKE:
INTRA WORKOUT



TYPICAL NUTRITIONAL VALUE	Per 100g	Per 13g
Energy	15 kcal/ 62 kJ	2 kcal/ 8 kJ
Fat	0,0g	0,0g
- of which saturated	0,0g	0,0g
Carbohydrates	3,4g	0,4g
- of which sugars	0,1g	0,0g
Protein **	0,1g	0,0g
Salt	1,05g	0,14g
** = on dry matter		

INGREDIENTS	Per 100g	Per 13g
BCAA Blend:	46,1g	6000mg
L-Leucine	23,1g	3000mg
L-Isoleucine	11,5g	1500mg
L-Valine	11,5g	1500mg
EAA Blend:	36,3g	4720mg
L-Lysine	11,5g	1500mg
L-Phenylalanine	9,6g	1250mg
L-Threonine	5,8g	750mg
L-Methionine	4,0g	520mg
L-Histidine	3,9g	500mg
L-Tryptophan	1,5g	200mg
Vitamin Complex:		
Vitamin B3	159mg	20mg (128%*)
Vitamin B6	46mg	6mg (428%*)
Vitamin B12	23µg	3µg (120%*)
Vitamin C	770mg	100mg (125%*)
Electrolyte Mineral Complex:		
Coconut Water Powder	1450mg	190mg
Calcium	310mg	40mg (5%*)
Potassium	410mg	53mg (3%*)
Sodium	410mg	53mg (2%*)
Magnesium	780mg	100mg (27%*)
Chloride	980mg	127mg (16%*)

* = Reference Intake of an average adult (8400 kJ / 2000 kcal)





TYPICAL NUTRITIONAL VALUE	Per 100g	Per 90g
Energy	365 kcal/ 1526 kJ	329 kcal/ 1373 kJ
Fat	0,4g	0,3g
- of which saturated	0,1g	0,1g
Carbohydrates	52,1g	46,9g
- of which sugars	27,1g	24,4 g
Protein **	38,2g	34,4g
Salt	0,23g	0,20g

** = on dry matter (N*6,25)

INGREDIENTS	Per 100g	Per 90g
Strength & Power: Creapure® Creatine	2,2mg	2000mg
Beta-Alanine	2,2mg	2000mg
Recovery Matrix: L-Leucine	6,7mg	6000mg
L-Glutamine	6,7mg	6000mg
Alpha-Lipoic Acid	220mg	200mg

SynTsize Recovery RECOVERY



- ▶ STATE-OF-THE-ART POST-WORKOUT
- ▶ RECOVER & BUILD MUSCLE
- ▶ INCREASE PHYSICAL PERFORMANCE
- ▶ OPTIMIZE ENERGY SYSTEMS
- ▶ MASSIVE DOSE LEUCINE & GLUTAMINE
- ▶ EXOTIC FLAVOURS

The post-workout shake is the most important shake of the day, as it induces maximum muscle recovery by increasing glycogen and amino acid levels. **SynTsize Recovery** is the ideal post-workout shake and is composed of easily digestible carbohydrates, **Whey Protein Isolate (WPI90)**, together with a massive amount of **L-leucine** and **L-glutamine** and performance nutrients. The protein content contributes to the recovery and growth of muscle mass. The combination of **Creapure® creatine** and **beta-alanine** optimizes the ATP and the Lactic Acid Energy System. **Creatine** increases physical performance in successive bursts of short-term, high intensity exercise.

PACKING:
1.62KG = 18 SERVINGS

FLAVOURS:
BLACK CURRENT,
PEACH MANGO

WHEN TO TAKE:
POST-WORKOUT



INGREDIENTS	Per 4 vcaps
Paullinia Cupana (Guarana) Standardized to 22% Caffeine	1440mg
Camellia Sinensis (Green Tea) Standardized to 15% EGCG	1400mg
Coffea Canephora Robusta P (Sveto® Green Coffee Bean) Standardized to 50% Chlorogenic Acid	400mg
Coleus Forskohlii (Forslean® Coleus) Standardized to 10% Coleus Forskohlii	250mg
Taraxacum Officinale (Dandelion)	210mg
Capsicum Annuum (Red Pepper)	200mg
Piper Nigrum (Black Pepper)	10mg

Synedrine WEIGHT MANAGEMENT



- ▶ ADVANCED SCIENTIFIC FORMULA
- ▶ WEIGHT MANAGEMENT
- ▶ 7 SYNERGISTIC INGREDIENTS
- ▶ WITH SVETOL® AND FORSLEAN®
- ▶ NO OVER-EXCITED HEART BEATS

SynTech™'s formulation is one of the most advanced of its kind on the market. It is based on extensive scientific research on weight management. During the development phase of **Synedrine**, SynTech™ wanted to meet three requirements:

- 1 The product needs to be effective and has to be based on scientific research
- 2 It has to meet the strictest health and food security requirements
- 3 Synedrine should not make you feel like your heart is racing

PACKING:
120 VCAPS = 30 DAYS

WHEN TO TAKE:
DAILY

SynTest PM

MUSCLE & STRENGTH



- ▶ ADVANCED SCIENTIFIC FORMULA
- ▶ HEALTHY TESTOSTERONE LEVELS
- ▶ PROMOTE MUSCLE GROWTH
- ▶ REDUCE TIREDNESS AND FATIGUE
- ▶ HEALTHY SLEEP PATTERNS
- ▶ IMMUNE SYSTEM

SynTest PM is a natural testosterone formula based on a synergistic combination of **Plant Extracts**, minerals and vitamin B6. **SynTest PM** is a night-time formula and needs to be taken before going to bed. **Zinc** contributes to the maintenance of normal testosterone levels in the blood and contributes to normal fertility and reproduction. **Magnesium** contributes to normal muscle function and protein synthesis, which is what you need when you want to build muscle. Magnesium also contributes to a reduction of tiredness and fatigue and together with **Vitamin B6** it contributes to normal psychological function, which helps you regulating your sleep. **Selenium** contributes to normal spermatogenesis and together with Zinc it contributes to the immune system.

PACKING:
90 VCAPS = 30 DAYS

WHEN TO TAKE:
DAILY:
BEFORE BEDTIME



INGREDIENTS	Per 3 vcaps
Trigonella Foenum-Graecum (Testofen™ Fenugreek)	700mg
Withania Somnifera (Ashwagandha)	500mg
Rhodiola Rosea (Golden Root)	400mg
Avena Sativa L. (Oat)	250mg
Serenoa Repens (Saw Palmetto)	160mg
Urtica Dioica L. (Stinging Nettle)	120mg
Piper Nigrum (Black Pepper)	5mg
ZMA Complex: Zinc	300mg (80%*)
Magnesium	22.5mg (225%*)
Selenium	16.5µg (30%*)
Vitamin B6	6.0mg (428%*)

* = Reference Intake of an average adult (8400kJ / 2000 kCal)

Enduro Pro

ENDURANCE



- ▶ INCREASE ENDURANCE CAPACITY
- ▶ WITH MACA & ASHWAGANDHA
- ▶ WITH GUARANA & RHODIOLA ROSEA
- ▶ WITH GINSENG & GRAPE SEED
- ▶ WITH KOLA NUT & COENZYME Q10

Enduro Pro is a synergetic mix of plant extracts of the highest quality, especially designed to support the physical efforts of people who practice endurance sports. The specific composition of **Enduro Pro** contains herbal adaptogens, like Maca, Ashwagandha, Ginseng and Rhodiola Rosea. The caffeine that comes from Guarana and Kola Nut contributes to an increase of endurance capacity.

PACKING:
90 VCAPS = 30 DAYS

WHEN TO TAKE:
DAILY:
PRE WORKOUT OR MORNING



INGREDIENTS	Per 3 vcaps
Lepidium Meyenii Walp. (Maca)	800mg
Withania Somnifera (Ashwagandha)	500mg
Paullinia Cupana (Guarana)	500mg
Vitis Vinifera (Grape Seed)	400mg
Rhodiola Rosea (Golden Root)	300mg
Cola Nitida (Kola Nut)	200mg
Panax Ginseng (Ginseng Red)	120mg
Co-enzyme Q10	100mg



INGREDIENTS	Per 2 vcaps	INGREDIENTS	Per 2 vcaps
Vitamin A	800µg (100%*)	Magnesium	375mg (100%*)
Vitamin B1	1,1mg (100%*)	Zinc	22,5mg (225%*)
Vitamin B2	1,4mg (100%*)	Selenium	103µg (187%*)
Vitamin B3	16mg (100%*)	N-Acetyl-L-Cysteine	150mg
Vitamin B5	6mg (100%*)	Co-enzyme Q10	100mg
Vitamin B6	6mg (428%*)	Alpha-Lipoic Acid	100mg
Vitamin B8 (Biotin)	150µg (300%*)	Camellia Sinensis (Green Tea)	200mg
Vitamin B9 (Folic Acid)	200µg (100%*)	Vitis Vinifera L. (Grape Stone)	200mg
Vitamin B12	3µg (120%*)	Piper Nigrum (Black Pepper)	10mg
Vitamin C	180mg (225%*)		
Vitamin D3	5µg (100%*)		
Vitamin E	12mg (100%*)		

* = Reference Intake of an average adult (8400 kJ / 2000 kCal)



INGREDIENTS	Per 3 vcaps
Glucosamine	1500mg
Chondroitin	500mg
MSM (Methyl Sulfonyl Methane)	500mg
Curcumine (Curcuma Extract)	100mg
Peptan® Collagen	40mg
Vitamin C	15mg (19%*)
Copper	0,15mg (15%*)

* = Reference Intake of an average adult (8400 kJ / 2000 kCal)

SynaVit HEALTH



- SYNERGISTIC MULTI-NUTRIENT FORMULA
- DAILY VITAMINS & MINERALS & ANTIOXIDANTS
- GENERAL HEALTH
- IMMUNE SYSTEM
- PROTECT FROM OXIDATIVE STRESS
- REDUCE TIREDNESS & FATIGUE
- FOR BOTH MEN AND WOMEN OF ALL AGES

To render the body more resistant during physical stress and to support the immune system, SynTech has developed an all-in-one formula: **SynaVit**.

SynaVit contains all the necessary vitamins and minerals in the proper quantities, and is enriched with plant extracts and antioxidants. Because of its composition, **SynaVit** is not only effective for athletes, but also for men and women of all ages. Vitamins A, B6, B12, C, D, Zinc and Selenium for example, contribute to the normal function of the immune system. Vitamin C, E, Zinc and Selenium contribute to the protection of cells from oxidative stress. Vitamin B2, B3, B6, B12, C and Magnesium contribute to the reduction of tiredness and fatigue.

PACKING:
60 VCAPS = 30 DAYS

WHEN TO TAKE:
DAILY WITH MEAL

SynFlex HEALTH



- JOINT SUPPORT FORMULA
- SUPPORT MOBILITY
- SUPPORT FLEXIBLE JOINTS
- CONNECTIVE TISSUE & CARTILAGE

These days people live a more active and healthy lifestyle. We are encouraged to exercise more, practice sports and move more in general. We take protein for our muscles, NO products for better performance, but we forget that because we exercise more, we put more stress on our joints and skeletal system, and joints can wear out. **SynFlex** is a high-end formulation for ligaments, connective tissue and cartilage that contributes to mobility and flexible joints. It consists of synergistic ingredients, including Copper and Vitamin C. Copper contributes to maintenance of normal connective tissues and vitamin C contributes to normal collagen formation for the normal function of bones and cartilage.

PACKING:
90 VCAPS = 30 DAYS

WHEN TO TAKE:
DAILY WITH MEAL

SYNTECH
ELITE SERIES

A C C E S S O R I E S

ACCESSORIES



ShakerCup

WITH COMPARTMENT 500ML



- ▶ 500 ML
- ▶ WITH COMPARTMENT FOR POWDER
- ▶ DISHWASHER & MICROWAVE FRIENDLY
- ▶ SCREW TOP
- ▶ NO LEAKAGE

PACKING:
500ML

COLOURS:
OPAQUE

ShakerCup

700ML



- ▶ 700 ML
- ▶ DISHWASHER & MICROWAVE FRIENDLY
- ▶ SCREW TOP AND LID
- ▶ NO LEAKAGE

PACKING:
700ML

COLOURS:
BLACK - WHITE

PillBox



- ▶ 5 COMPARTMENTS
- ▶ FOR TABLETS & CAPSULES & SOFTGELS
- ▶ DISHWASHER SAFE

PACKING:
5 COMPARTMENTS

COLOURS:
BLACK

Wrist Wrap



- ▶ ELASTICATED COTTON WRIST WRAP
- ▶ WITH THUMB LOOP
- ▶ FASTEN WITH VELCRO GRIP

35

SIZE:
ONE SIZE

COLOURS:
BLACK / ORANGE

Weight Lifting

GLOVES



- ▶ DURABLE QUALITY GLOVES
- ▶ HEAVY DUTY
- ▶ SUPER COMFORTABLE

SIZE:
M - XXL

COLOURS:
BLACK / RED

Weight Lifting

GLOVES WITH STRAP



- ▶ DURABLE QUALITY GLOVES
- ▶ HEAVY DUTY
- ▶ EXTRA SUPPORT FOR THE WRIST
- ▶ SUPER COMFORTABLE

SIZE:
M - XXL

COLOURS:
BLACK / RED

Power Lifting BELT



- ▶ HIGH QUALITY POWER BELT
- ▶ GENUINE LEATHER
- ▶ HEAVY DUTY SQUATS & DEADLIFTS
- ▶ SUPPORT YOUR LOW BACK

SIZE:
S - XXL

COLOURS:
BLACK / SILVER

Sports T-Shirt



- ▶ 100% COTTON
- ▶ ATHLETIC FIT
- ▶ SOFT FEEL
- ▶ RIB CREW NECK FOR COMFORT

SIZE:
M - XXL

COLOURS:
BLACK

Tank Top



- ▶ 100% COTTON
- ▶ ATHLETIC FIT
- ▶ SOFT FEEL
- ▶ HIGH CUT ARMHOLES

SIZE:
M - XXL

COLOURS:
BLACK

Weight Lifting BELT



- ▶ DURABLE NEOPRENE BELT
- ▶ HEAVY DUTY
- ▶ SUPPORT YOUR LOW BACK
- ▶ SUPER COMFORTABLE

SIZE:
S - XXL

COLOURS:
BLACK / SILVER






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THE PREMIUM HIGH PROTEIN BAR

EAT ME!



SYNTECH

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