

SYFORM

**RED
FITNESS**

FOOD SUPPLEMENTS
FOR HIGH PERFORMANCES

SYFORM RED FITNESS

THE MOST ADVANCED FORM OF SPORT NUTRITION

AN INNOVATIVE LINE OF FOOD SUPPLEMENTS
DEDICATED TO THOSE WHO IDENTIFY WITH FITNESS
THEIR PHILOSOPHY OF LIFE.

CERTIFIED

**MADE
IN ITALY**

PRODUCTS

The formulations of **SYFORM RED FITNESS** products are analysed to complement efficiently the train in the gym, improving its benefits and allowing the athletes to reach safely the basic fitness goals:

- increase and definition of muscle mass
- loss of body fat
- optimal physical shape
- high energy and vitality

In line with its values, **SYFORM** uses:

- the best and most researched natural raw materials
- optimal dosage of ingredients
- the most advanced and effective pharmaceutical forms

SYFORM is first of all quality and guarantee of the food supplement made in Italy.

SYFORM RED FITNESS

OPTIWHEY

Food supplement based on concentrate whey proteins, isolated by cross-flow microfiltration (Cross Flow®) and hydrolysed.

- 88% PROTEIN S/S
- 19% BCAA
- VITAMIN B

Formula enriched with

OPTIPEP®
ENZIMIX®
TAURINA
GLUTAMINA



Optiwhey is a supplement of proteins, important nutrients for the muscle trophism, with vitamins of group B, indicated in cases of reduced intake with diet or increased need of these nutrients. The product is composed of a mixture of milk proteins consisting of: concentrate whey proteins (WPC), isolated by cross-flow microfiltration and diafiltration (Cross Flow™), and hydrolysed (OPTIPEP®). **The three protein sources provide a high quality standard, a very high biological value and a wide range of whey protein fractions. Optiwhey also contains ENZIMIX®, a mixture of enzymes that increases the digestibility of the product, glutamine and taurine to enrich and complete the spectrum of amino acids.** The content of branched amino acids is 19%. OPTIWHEY has a high digestibility. Contains no sugar (sucrose) and preservatives.

INGREDIENTS:** Concentrate whey proteins, whey proteins isolated by microfiltration and hydrolysed 100% (Optipep®), Whey proteins isolated for microfiltration, L-Glutamine, Taurine, atomized curcuma, Aromas, Sweetener: Sucralose, Enzymix® (Maltodextrin fermented by *Aspergillus oryzae*), vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (thiamine hydrochloride). Contains soya lecithin.

SUGGESTED USE: Take take as needed up to 20 g per day (equal to 2 level scoops) dissolved in 200 ml of water or other liquid, preferably between main meals.

AVAILABLE IN: Jar 900 g.

FLAVOURS: Cocoa, Banana-Vanilla, Choco-Coconut-Vanilla, Strawberry-Cream.

NUTRITIONAL INFORMATION**	PER 100 G	PER 20 G (2 scoops)	%NRV*
Energy	kJ 1708 kcal 402	kJ 342 kcal 80,4	
Fat	3,2 g	0,64 g	
of which Saturated Fatty Acids	1,7 g	0,34 g	
Carbohydrates	5,5 g	1,1 g	
of which Sugar (lactose)	1,8 g	0,36 g	
Protein S/S	88 g	17,6 g	
Salt	0,87 g	0,17 g	
Vitamin B6	3,50 mg	0,70 mg	50
Vitamin B2	2,10 mg	0,42 mg	30
Vitamin B1	1,65 mg	0,33 mg	30
Potassium	2640 mg	528 mg	26
Phosphorus	660 mg	132 mg	19
Calcium	484 mg	97 mg	
Magnesium	53 mg	11 mg	

*NRV = Nutrient reference value (adults)

** Banana-Vanilla flavour

SYFORM RED FITNESS

CREATAB

Creatine food supplement
in GASTRO-RESISTANT TABLETS

- HIGHEST QUALITY
- MAXIMUM ASSIMILATION
- MAXIMUM PERFORMANCE

With

CREAPURE®

CREATINA MALATO

CREATINA ETILESTERE



Creatab is an innovative creatine supplement, available in gastro-resistant tablets. Creatine is in fact particularly sensitive to gastric acidity, which causes the conversion to creatinine, a toxic substance for the system. **Creatab, completely bypassing the stomach, guarantees the dissolution of the tablet and absorption of creatine in the intestine.**

Creatab contains creatine in three molecular forms: monohydrate, ethyl ester and malate; Creatine is involved in the maintenance of cellular energy reserves. It is particularly useful to support sports that require highly expensive short time efforts.

INDICATIONS: The integration of creatine orally, contributes to:

- delay the state of fatigue
- improve the resilience
- increase muscle power during short, intense efforts

SUGGESTED USE: Take up to 3 tablets per day, preferably between meals.

AVAILABLE IN: 100 tablet 1300 mg .

AVERAGE AMOUNT	PER 1 TABS	PER 4 TABS
Creatine	750 mg	3 g

SYFORM RED FITNESS

KETORAM

Branched amino acids and OKG food supplement.

- PROMOTES THE PROTEIN SYNTHESIS
- ACTIVATES THE MTOR
- MAXIMUM RECOVERY

With

BCAA 4:1:1

OKG



Ketoram is a supplement of branched chain amino acids in particular ratio 4:1:1, ornithine alpha-ketoglutarate and vitamin B6.

The BCAA availability promotes:

- 1. Higher stimulation of the protein synthesis.** The higher Leucine concentration activates the MTOR C1 intercellular receptor increasing the protein synthesis post workout.
- 2. Increase endurance to effort and recovery** during intense and prolonged sport activities (> 1,5 hours).

OKG, increases the detoxifying liver, stimulates the urea cycle and facilitates the expulsion of excess nitrogen; participates in building new muscle proteins.

SUGGESTED USE:

- 1. ENERGETIC AND ANTI-FATIGUE ACTION**
Take 4-5 tablets during sport activity

- 2. PROTEIN SYNTHESIS**
Take 5-8 tablets, 20 minutes after workout preferably with a source of simple carbohydrate.

AVAILABLE IN:

100 tablet 1400 mg.

AVERAGE AMOUNT	PER 1 TAB	PER 5 TABS	%NRV*
L-Leucine	0,67 g	3,34 g	
L-Valine	0,17 g	0,83 g	
L-Isoleucine	0,17 g	0,83 g	
OKG	0,20 g	1,0 g	
Vitamin B6	0,25 mg	1,25 mg	89,3

*NRV = Nutrient reference value (adults)

SYFORM RED FITNESS

NITROKIC

Arginine and citrulline food supplement in coated tablets.

- STIMULATES THE NITRIC OXIDE SYNTHESIS

With **VINITROX™**



NitroKic is a supplement designed especially for sportspeople, based on arginine and citrulline amino acids, vitamin B3 and plant extracts, useful to support the cardiovascular functions. **Arginine is involved in the physiological production of nitrous oxide (NO), endogenous substance that promotes peripheral vasodilation.**

It is effective in conditions of debilitation, immune weakness, catabolic stress, intense sports activities and overtraining syndrome. It is, finally, a great activator of protein metabolism.

It contains the following extracts and active ingredients:

ARGININA KIC and AKG: stimulates the nitric oxide (NO) synthesis that control the growth process. NO is a powerful vasodilator, able to improve the muscle perfusion and oxygenation; it is essential to ensure virility. The Akg is the most important mediator, along with vitamin B6, of amino acid metabolism; the Kic, Ketoisocaproate, derived from the catabolism of leucine, has extraordinary anticatabolic and anabolic properties and it can promote a marked increase in protein synthesis.

CITRULLINA: actively participates in the urea cycle and is an effective detoxifying amino acid. Moreover, it is a precursor of arginine and helps to increase the range of free arginine,

CAPSIMAX®: is a particular hot pepper extract, able of promoting the energy activity.

VINITROX™: is a special extract of red wine with a powerful energy, vasodilator and antioxidant action, synergistic to that of amino acids.

PIPERINA: it promotes the absorption of active ingredients.

SUGGESTED USE:

Take 2 tablets daily, preferably 40 minutes before physical activity.

AVAILABLE IN:

100 tablet 1400 mg.

AVERAGE AMOUNT

	PER 2 TABS	%NRV*
Arginine AKG	1200 mg	
Arginine KIC	400 mg	
Citrullina malate	400 mg	
Vinitrox™	100 mg	
of which total Polyphenols	95 mg	
Caffeine	100 mg	
Niacine	36 mg	225
Capsimax® (extract)	10 mg	
Black Pepper d.e.	10 mg	
of which Piperine	9,5 mg	

*NRV = Nutrient reference value (adults)

SYFORM RED FITNESS

THERMO XTREME

Food supplement of Caffeine and plant extracts with thermogenic action

- **FAT BURNER**
- **ACCELERATES METABOLISM**
- **RECHARGES ENERGY**



Thermo Xtreme is a food supplement of caffeine and standardized herbal extracts; adjuvant in controlled low-calories diets for the reduction of body weight, it is useful in supporting the physiological process of thermogenesis.

This activity allows the increase of the basal metabolic rate, producing energy through the demolition of fat deposits and preserving the lean body mass.

It contains the following extracts and active ingredients:

CITRUS and COLEUS: respectively contain synephrine (active on receptors β_3 of the fat tissue) and forskolin (active on receptors β_1 and β_2) that favour an increased release of adrenaline and noradrenaline, capable of inducing in turn the lipolysis and the increase of the basal metabolic rate.

GREEN TEA: it increases the stimulating activity on the cardiovascular and nervous systems.

CAFFEINE: it increases the stimulating activity on the cardiovascular and nervous systems.

IODINE: it ensures the optimal activity of the thyroid gland, which is indispensable to the overall balance of the metabolism.

CINNAMON: it helps regulating blood sugar and reducing the fat deposits.

BLACK PEPPER: it strongly helps the assimilation of all the active ingredients of the formulation.

INDICATIONS: Thermo Xtreme is recommended to promote weight loss, maintaining the tone of the tissues and the availability of energy.

To achieve optimal results, we recommend to take it for a period of 2 months, possibly combined with exercise and with an adequate balanced diet.

SUGGESTED USE: Take 1 tablet per day, before lunch, with plenty of water.

AVAILABLE IN: 100 tablet 1290 mg.

AVERAGE AMOUNT	PER 1 TAB	%NRV*
Citrus aurantium d.e.	300 mg	
of which Synephrine	30 mg	
Green Tea d.e.	300 mg	
of which Polyphenols	294 mg	
of which EGCG	120 mg	
Caffeine	200 mg	
Cinnamon d.e.	150 mg	
Coleus forskolii e.s.	50 mg	
of which Forskolin	5 mg	
Black Pepper d.e.	5.3 mg	
of which Piperine	5 mg	
Iodine	225 mcg	150

*NRV = Nutrient reference value (adults)

SYFORM RED FITNESS

TRIBOSID

Food supplement of TRIBULUS, SUMA, FENUGREEK e GYNOSTEMMA

- TONIC
- 90% SAPONINS



Tribosid is a supplement based on dried extracts of Tribulus, Suma, Maca and Gynostemma useful for their **toning and supporting action to the systems practicing intense exercise or to the tired and strained ones.**

It contains the following extracts and active ingredients:

TRIBULUS TERRESTRIS: plant capable of improving the endocrine activity, increasing sturdiness and mood. It is believed to promote the growth of muscle tissue if associated to weight training and proper nutrition. This is due to the presence of saponins, the protodioscin.

SUMA: padaptogenic plant capable of improving the resistance of the system, favouring cellular oxygenation and stimulating the immune system, opposing to psycho-physical fatigue. It contains beta-ecdysone, a substance similar to steroid structure.

FENUGREEK: plant rich in phytosterols, able to promote the secretion of insulin and, consequently, the protein synthesis and the increase of muscle glycogen stores. It is useful to accelerate recovery.

GYNOSTEMMA: plant with a tonic-adaptogen action, estimated 4 times higher than Ginseng. It is also known as the "plant of immortality" as it has extraordinary antioxidant properties, it slows down the ageing processes, keeps under control the cholesterol, helps memory and liver and heart functions. It gives more energy to the muscles.

SUGGESTED USE: Take 2 tablets per day, preferably in the morning.

AVAILABLE IN: 100 tablet 1300 mg

AVERAGE AMOUNT

PER 2 TABS

Tribulus terrestris d.e.	1400 mg
of which Saponins	1260 mg
Suma d.e.	400 mg
of which β -Ecdisone	10 mg
Fenugreek d.e.	200 mg
of which Fenusterols	100 mg
Gynostemma d.e.	100 mg
of which Gypenosides	80 mg

SYFORM RED FITNESS

RED MASS

High protein bar, chocolate coated.

- 25 G PROTEIN/BAR
- LOW CARB
- LACTOSE 0,13%
- GLUTEN FREE



RED MASS is a special high protein bar, 50% protein and low carb. It provides 25 g of protein and only 14 g of carbohydrate, of which 3.5 g of sugars; also the fat content is relatively low.

Red Mass is a real protein snack, **indispensable for those who want to increase the introduction of protein with the diet, feed muscles and speed up metabolism.**

It has a lactose content of less than 0.13% and is gluten free, therefore ideal for intolerant subjects. Due to the important presence of polyols, it may cause laxative effects and its intake should be controlled in subjects sensitive at gastrointestinal level.

SUGGESTED USE:

Take 1 bar daily as needed up. Excessive consumption may have

laxative effects.

AVAILABLE IN:

24 bar 50 g.

FLAVOUR:

Cocoa, Coconut.

NUTRITIONAL INFORMATION*	PER 100G	PER BAR (50G)
Energy	kJ 1604 kcal 383	kJ 802 kcal 191
Fat	7,9 g	3,9 g
of which Saturated Fatty Acids	2,7 g	1,3 g
Carbohydrate	28 g	14 g
of which Sugar	7,0 g	3,5 g
Polyols	21,0 g	10,5 g
Fiber	2 g	1 g
Protein	50 g	25 g
Salt	0,2 g	0,1 g

* average value for all flavours

SYFORM RED FITNESS

PLAN YOUR ENERGY

RED FITNESS SUPPLEMENTS ARE DESIGNED FOR WORKING TOGETHER IN SYNERGY. THEIR COMBINED USE, TOGETHER WITH THE PERSEVERANCE AND INTENSITY OF THE TRAINING, ENSURES QUICK AND LASTING RESULTS.

AS AN INDICATION OF THE MONTHLY PROGRAMME:

Snack (morning or afternoon)	OPTIWHEY	30 g*
40' before training	NITROKIC THERMO XTREME	3 tablets 1 tablets
15' before breakfast	CREATAB	4 tablets
Before bedtime	TRIBOSID	3 tablets

*dissolved in 300 ml of water or skimmed milk

SYFORM



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