



SPECIAL MARTIAL ARTS
DIETARY SUPPLEMENTS
MADE IN ITALY

SYFORM

MARTIAL ARTS

MARTIAL ARTS are the set of combat arts developed in past centuries, mainly in Asia, and evolved in modern times worldwide. Part of this broad view is the classic Bushido (the way of the warrior) and the modern arts of Asia, the Middle East and South America. We can call martial arts the classic and well known: Karate, Judo, Jiu Jitsu, Aikido, Wing Tchung, Kali Escrima, Taek Won Do and the most modern Krav Maga, Brazilian JJ, Thai Boxing, Kick Boxing, MMA, etc. but also mixed-martial arts such as Capoeira tribal, or the noble art of Boxing. Some of these arts have mainly educational, cultural, physical (Aikido) aspects, others have real competitive features. Recently the competitive spirit is becoming more and more important and are countless disciplines that provide competitive spirit and fighting.

In general the agonistic martial arts include **two types** of competition, divided in:

- relatively short meetings (3-5 minutes) that multiply during the day (battery-qualifiers-semi-final);
- relatively short meetings (2-3 minutes) that multiply to more rounds (from two to three up to more than eight).

The first group includes specialties such as Karate, Judo, Ju Jitsu, Taekwondo, the second Boxing, Tai Boxing and MMA.



MARTIAL ARTS AND NUTRITION

The nutritional approach has to be different, both in the classical way, that is, different in the training phase pushed, recovery, maintenance, both for the type of activity. One thing is maintaining energy and reserves idrosaline for 30-45 minutes in a speciality round, another is to maintain energy and mental focus for short meetings but that can last during the day (in the morning qualifying, semifinals and finals in the afternoon). Topic of this discussion is the relationship between nutrition and supplementation in the classical martial arts, with individual competitions for about 3-5 minutes, potentially (if the athlete proceeds) repeated throughout the day.

Feeding provides all the nutrients needed to maintain balance in the body and provide the perfect shape. Foods in the diet can be classified as follows:

- a) **macronutrients**: required for the energy production and for the organism growth. They are: carbohydrates, proteins and fats.
- b) **micronutrients**: essential substances that are taken in smaller quantities, such as vitamins, minerals and trace elements.

Carbohydrates are the staple food of the athlete, the calorie requirement grows after exercise and the main energy source of the body is made from carbohydrates. Are preferred complex sugars like pasta, rice and whole grains than the simple sugars contained particularly desserts. The consumption of simple sugars should be limited in athletes, because, although quickly provide energy, this - if it is not consumed by the body - quickly turns into fat. The dietary carbohydrates are used for the glycogen synthesis in liver cells and in skeletal muscle. Low carb diets are not recommended for athletes who practice martial arts as they can cause, especially at the beginning, a big drop in performance and worsen resilience.

Protein is the main organic component of the organism and possess a fundamental role in any biological process. The dietary proteins play an important role in the sport for the growth of muscle mass, a proper protein intake supplies to the metabolism all the necessary amino acid for the synthesis of muscle fibers.

Proteins are also used for the reconstruction of damaged cellular components during exercise, facilitating recovery. The protein requirement in martial arts is between 1,4 and 1,7 g protein for kg/day. This value varies according to the physiological characteristics and based on the intensity of the workout. You should take a greater amount of proteins with biological value, ad those of animal origin (meat, fish, eggs, dairy products) than plants (legumes, soy). Animal proteins have a higher content of essential amino acid, including branched. They are more effective in the synthesis process.



PRODUCTION AND USE OF ENERGY IN MARTIAL ARTS

With an explosive energy use, anaerobic, but repeated for several matches during the day, the martial arts can be classified as a mixed sport, characterized by short intense moments, from match that literally leave you breathless and without energy, so with energy production mechanisms **LACTIC** type, often with a considerable need for phosphocreatine for the explosiveness of gestures and, as often repeated several times throughout the day (qualifications, recoveries, semifinals, finals) with the need for maintaining a good energy level (glycogen) and concentration for several hours, and with the need of a prompt recovery between every match.



THE "WEIGHT" PROBLEM

Most of Martial Arts (all those considered in this specific treatment, except in specialty "**Kata**") has an athletes' division for weight category. The athlete's purpose in this case is to reach the best compromise between:

muscle mass, strength, reactivity and fluency

Often the two things do not come easily. It is known that, for the same volume, the muscle tissue is heavier than the adipose tissue and is rich in water. But for athletes is essential to understand that the achievement of weight should not only be achieved in the period immediately preceding the competition. Conversely, the goal must be to fight in their real weight category and the coach must carefully evaluate, with the help of a professional nutritionist, it is appropriate that the athlete purchases muscle mass, and then rise in the category higher, or lose fat, and then fall in the lower category. These assessments should be made for each case, using specialized tools (skinfold, impedance) and should generate nutritional plans and specific supplements to each athlete. An ideal fat mass percentage for good athletes is considered ideal between 7 and 10% for males, and between 16-22% for females.

	LEAN MASS
MAN	7 - 10%
WOMAN	16 - 22%

HYDRATION

It's common, for those who follow the world of martial arts competitions, seeing athletes, in the days immediately preceding the competition and its phase control weight by the courts, are undergoing to dietary restrictions and especially to restriction of water intake. Each of these restrictions are tipped necessarily on the competition phase of the athlete, with a consequent decrease in the yield and performance, in the short or long term.

A dietary restriction for a short time, often misguided, can deplete muscle glycogen, with clear drop in muscular performance. A water restriction is still more dangerous, overturning well as on deterioration of performance even in a possible complication for the health, because of the delicate balance of water and salt and water that characterizes the human body.

A first rule, therefore, for each athlete of martial arts is to stay hydrated, either through regular consumption of water or specific beverages idrosaline or through the choice and use of foods particularly rich in liquids, such as all fresh foods (as opposed to food processed and canned). We recommend the use of fresh fruits and vegetables from the breakfast and snacks. The use of fruit during meals should be agreed case by case with the confidence nutritionist. Fruits and vegetables can be used both as food itself or through smoothies, juices and especially centrifuges, which are able to extract the nutrients from the food, liquid, and the precious vitamins, discarding what it takes less and producing a product for another tasty and easily digestible.



DIETARY RECOMMENDATIONS FOR THE ATHLETE

Each athlete is independent and the specific recommendations can be provided only by a trained nutritionist, to assess the athlete and it shares the objectives, but we would like to list some information of general utility, inside of which everyone can find ideas and guidance.

STAGE: TRAINING

Athlete at the weight limit (or that should reduce his weight)

- divide feeding in more meals;
- eat lot of fruits and vegetables, preferably fruit between meals;
- count properly the protein requirement and integrate with specific formulations;
- count properly the calorie and carbohydrate need, to avoid energy crisis;
- consider the need of supplementation to endure workout: vitamins and minerals/ essential or branched amino acid;
- it's fundamental the recovery strategy: training hard in situations of accurate calorie count requires special attention to the recovery post workout, otherwise the risk of excessive fatigue not because of training loads, but for lack of recovery.

Athlete without weight problems:

- properly count the caloric needs, carbohydrate and protein to obtain the maximum from their workouts, optimizing the shape;
- eat lot of fruits and vegetables;
- use antioxidants (to optimize the results), with protein, amino acid and specific supplements for recovery.

STAGE: MATCH DAY

The match day in martial arts can have some extreme, depend on the organization and on weight classes. Moreover, in the match less "evolved" is not always possible to know in advance the time of the fight.

- combat "full inventory" but on an empty stomach, not to burden the digestive tract and not to steal precious blood to the muscles
- rich breakfast but digestible
- constant integration, to maintain glycogen stores and micronutrient always constant and available
- immediate recovery after each battle or exhibition, to be ready in a short time for the next fight

Particular attention for the "elite" athletes which - by winning the first fighting - will find themselves repeating the athletic gesture: they will deal with more and more difficult fightings as the semifinals and finals, in terms of mental and physical fatigue. In these cases, the winner may be not only the technically better equipped one, but also the athlete whose qualities of physical recovery, or the tips and tools of nutritionists that follow him, are more effective.

WHY SUPPLEMENTS?

Physical activity and frequent workouts involve high consumption of nutrients, water and minerals and an increase in oxidative stress resulting in the production of free radicals. We said that the fighters have a high plastic-energy consumption that proper nutrition is normally able to meet, even just for practical reasons. However competitive athletes train very frequently so they can't always ideally programme the intervals between meals and training; finally, during the competitive season, they are inevitably subject to considerable drops in athletic condition.

For this reason the athlete can resort, in a highly focused way, to natural food supplements, able to quickly rebalance the functions and nutritional losses which the body goes towards during exercise. Dietary supplements should not be confused neither with drugs nor with doping products. However, they must be chosen carefully and according to the actual physical needs. Dietary supplementation, in fact, if is properly and customized according to individual needs, together with the will, spirit of self-sacrifice and hard training, is an excellent resource to sustain the performance.

SYFORM SUPPLEMENTS

Syform provides the athlete a complete line of specific supplements, particularly technical, based on nutrients of high quality and in effective formulations to support the maximum performance during trainings and competitions.

Nutrition and supplementation should be treated in detail. We must give the right importance to both energy nutrients as those specific for muscle mass, vitamins and minerals, antioxidants, detoxifying, in relation to its commitments seasonal.

We selected them for you, in relation to their nutritional meaning, dividing them into four categories according to the following diagram. Contact our experts, through the website, or request more information via email.

PRODUCT LINES



PROTEIN=STRUCTURE



AMINO ACID=STRENGTH



CARBOHYDRATE=ENERGY



MICRONUTRIENTS

QUALITY CREATION

Creation of formulas with active ingredients, well-supported by clinical studies

Use of registered trademark raw materials or with production patents



Selection of vegetable extracts obtained with innovative extraction methods

Not subjected to radiation raw materials, GMO free, BSE free, gluten free, sugar free and preservative free

Use of vegetable capsules Vegicaps®, time-release tablets, film coated and gastro-resistant

Selection of certified production laboratories

Microbiological, organoleptic and nutritional compliance certificate



STRUCTURE & STRENGTH

The products belonging to this section are particularly suited to promote the increase and the efficiency of the muscle mass, necessary for a perfect shape in general. The protein of milk powder are particularly useful to enrich breakfast, make nutritious snacks between meals, and, if it's necessary, to replace protein foods.



BALANCE

MILK PROTEIN - RETARD ACTION + TONE + LEAN BODY MASS

Casein milk protein and isolated whey protein, rich in essential amino acid, gradually absorbed, "retard." Balance is ideal for strengthening the muscles, to support heavy workloads and improve elasticity, tone and muscle force. Highly soluble and digestible, it is suitable to enrich nutritious snacks.



DIAMOND WHEY

MAXIMUM QUALITY NUTRITIONAL RAPID ASSIMILATION

Supplement of whey protein isolate milk, particularly quality, high protein. The high protein digestibility gives the product extremely rapid assimilation, making it ideal for ultra rapid integration of protein, necessary in all situations of unbalanced diet, low-protein, for sportsmen, to speed recovery.



NUTRISOY

SOY PROTEIN

Isolated soy protein **Supro®** for those who are allergic to milk protein. It promotes an increase in strength, endurance and muscle volume. It tones up the tissues and stimulates the immune system. It's highly and rapidly assimilable.



CARNITINE

TONE AND ENERGY FROM FATS

Carnitine and acetyl-carnitine supplement. It plays a tonic and energy action. It makes possible a greater use of fat, saves muscle glycogen, facilitates the performance of physical aerobic exercise.



CITROGEN

PURE AND SIMPLE ENERGY

Dietary supplement **Creatine**, amino acids and minerals. Creatine is an essential and effective reserves of energy, useful for better face sustained commitments physical tone the tissues, delaying and combat muscle fatigue, speed recovery forces.

ENERGY & ENDURANCE



FRIRAM **MUSCULAR STRENGTH**

Supplement of **Kyowa** BCAA, among the most qualitative in the world. Essential throughout the year to ensure maximum efficiency and energy to the muscle. The amino acid spare muscle mass, promote the recovery, but are also strongly anti-fatigue and energetic. Ideal during competitions and sessions of intense training.



DIET ZONE MEAL **COMPLETE MEAL**

Supplement especially nutritious and balanced in its components. Provides an excellent protein-energy due to the presence of complex carbohydrates with low glycemic index, milk protein of high biological value and a pool of vitamins and minerals.



MALTO+ **PROLONGED ENERGY**

Energy supplement based on corn maltodextrin d.e. 10, complex carbohydrate able to constantly supply the muscles of glucose. It contains no aroma. Ideal for training and competition.



REISPRINT **ENERGY AND MINERALS**

Hypotonic saline energy supplement powder. It contains sugars at different speeds of absorption for a short, medium and long energy response, and also minerals of magnesium and potassium.. Taurine has a stimulating action from the nervous point of view. Ideal for the combat and training.



X-PLOSIV gel **IMMEDIATE ENERGY**

Concentration of carbohydrate and magnesium. With maltodextrin, glucose and dextrose: more than 60% of carbohydrate. Magnesium is useful for combating cramps and fatigue post workout. The extract of red vine improves muscle oxygenation during exercise and counteracts the oxidation.

RECOVERY

Products belonging to this section are specific to allow the athlete to overcome the most difficult moments of the season, in which regularly occurs a significant decrease in performance, you get sick easily, do not push your legs and short of breath. In the presence of these signals is appropriate to intervene integrating some essential nutrients to promote optimal recovery of energy and efficiency.



WORKOUT EXPLOSIVE POWER AND RECOVERY

Creatine citrate **Creapure®** and amino acids in single-dose packets. It's a high dose formulation of active ingredients of particular value, to speed recovery, helping to restore the explosive energy as phosphocreatine, muscles, and eliminate toxins. Ideal for periods of particular intensity work



NOLATTICO COUNTERACTS THE LACTIC

It favours the increase of carnosine, a substance that counteracts the excessive muscular acidosis and the accumulation of free radicals. Nolattico is ideal during the phase of lactate work, to promote the recovery and to support very intense efforts.

SPECIFIC SUPPLEMENTATION



SYBAR ENERGY FRUIT ENERGY FROM FRUIT

Energy bar based on tasty pasta of fruit and cereal flakes. It is a concentrate of pure energy, to obtain an immediate charge at any time of need. Ideal as energy snack and for a quick recovery of energy.



SYBAR SHAPE BALANCED COATED BAR

Balanced bar, 28% protein and soy milk, cover with dark chocolate, whose ingredients are all natural and valuable. Ideal as a snack, nutritious and tasty, effective to complete the nutritional quality of food, to enrich the mid-day snacks or as good breaks hunger.



SMARTY *vial and Shot* CHARGE AND GRIT

A concentration of substances that promote the highest nervous charge and concentration. It can lower the threshold of fatigue, improve the immune response and reactivity.

SUPPLEMENTATION PLANS

TRAINING

BREAKFAST	DIAMOND WHEY 1-3 scoops dissolved in 250 ml of water or other beverage
DURING TRAINING AND AS NEEDED	MALTO+ GEL 1 single-dose per hour REISPRINT 2 scoops in 500 ml of water for < 2 hours training
AFTER TRAINING	FRIRAM 5-8 tablet WORKOUT 1 sachet dissolved in 250 ml of water
BEFORE BEDTIME	BALANCE o MUSCLE MASS 2-4 scoops dissolved in water or other low-calorie beverage

EXPLOSIVENESS

CITROGEN	1 sachet daily for 30 days between meals
NOLATTICO 1 HOUR BEFORE TRAINING	1 scoop with water

MATCH

MID-MORNING BETWEEN MEALS	NOLATTICO 2 scoop with water
90 MIN. BEFORE	MALTO+ GEL 1 single-dose with water
45 MIN. BEFORE	SMARTY SHOT 1 single-dose with water
20 MIN. BEFORE	FINAL RACE 1 single-dose with water
20 MIN. AFTER	MALTO+ 2 scoops DIAMOND WHEY 2 scoops dissolved in water
INTERVAL MATCH	FRIRAM 5-8 tablets MALTO+ GEL 1 single-dose with water MGK 2 tablet NOLATTICO 2 scoops with water SYBAR ENERGY FRUIT 1 bar as needed

SYFORM QUALITY

In a rather delicate and complex market situation, in the maze of tens of thousands commercialized supplements, Syform continues to base its philosophy on the concept of **Quality**, understood as a guarantee of the correspondence between the content of the product and what declared on the label, maintaining the security and healthiness of the same.

The quality of the product is always the first and most valid guarantee of competitiveness.

It is necessary, however, that the end user is informed of this in order to be able to freely choose the product that he consider most suitable for his needs, in relation to the selling price.

For this reason, we are beginning to make available to our resellers, specific technical information about Syform supplements.

In our opinion, we believe that this is the only way liable, today and in the future, to appreciate the important functionality of the dietary supplement.

In this way we aim also to protect our business partners and their professionalism.

This guide has been prepared by: *Dr. Franco Aliboni - Biologist*
Nutritionist - Specialist Food Science
M° IV dan of Jiu Jitsu – World Referee - International Jiu Jitsu Federation for NEW SYFORM s.r.l.

FIND SYFORM SUPPLEMENTS IN:

- **CHEMIST'S AND PARAPHARMACY**
- **THE BEST SPECIALIZED SHOPS**

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SYFORM SERVICES

1) THE EXPERT ANSWERS

In the "LIVE" section on syform.com, you can have free access to our experts' answers to general questions on Syform supplements.

2) NUTRITIONAL ADVICE

In the "LIVE" section you may directly contact our experts to receive a customized nutritional advice service. This is a chargeable service.

SYFORM CONSULTANTS

DR.SSA SARA FABRIS - Spilimbergo (Ud)
Dietetics Degree. Specialization in phytotherapy.
Former competitive swimmer, nationwide.
mail: sarafabris@hotmail.it

DR. ANDREA RIZZO - Genova
Physical Education Degree. Personal trainer and professional athletic trainer.
Expert in advanced dietary supplementation.
info@scientific-training.com

DR.SSA BEATRICE DAL DEGAN - Treviso
Scientific Information Drug Degree,
she attends the Faculty of Biology of Nutrition.
Ex competitive swimmer.
specialist@syform.com

DR. GIORGIO TAVAGNA - Vicenza
Dietetics Degree.
Sport nutritionist and consultant for dietary supplementation. Triathlete.
tavagnagiorgio@gmail.com



NEW SYFORM s.r.l.

Piavon di Oderzo (TV) - Tel. +39.0422.752922 - Fax +39.0422.753819

www.syform.com