



SPECIAL BASKETBALL
DIETARY SUPPLEMENTS
MADE IN ITALY

SYFORM

BASKETBALL AND ENERGY

BASKETBALL is a sport characterized by a high energetic- plastic consuming that requires great strength and endurance. During a single game it is estimated that a player can run up to 5 miles away. For the great calorie consumption, the choice of a balanced diet is an essential part in basketball. The feeding, in fact, has the duty to provide the body with all the energy substrates and the essential structural components such as carbohydrates and proteins. During exercise, the physiological processes for the production of energy and for muscle contraction leads to an increase of the nutritional requirements that must be satisfied adequately with the diet. The minerals, vitamins and antioxidants in foods are essential in maintaining the proper function of the body and can help particularly in the physical recovery. Planning food has a strategic function for the player and what is dietary influences directly athletic performance. The loss of fluids and minerals through sweating is very strong in basketball. During a game there are numerous interruptions, for example between a quarter and other or in the technicians time-out; this gives the possibility to the athlete to constantly reintegrate substances lost. The rehydration and recovery of mineral salts is fundamental and can occur through the use of sports drinks. The choice of good supplements can make a difference in maintaining performance and counteract fatigue.



Basketball, for the type of physical activity required, is considered a discipline mixed aerobic-anaerobic alternating. This means that stages high intensity (anaerobic) are alternated by moments of recovery that require less physical effort (aerobic). In anaerobic phases, sugars and phosphocreatine content in the muscle tissues provide the athlete the explosive power needed, as for example during the shots and jumps maximum. The metabolic energy is kept in the body in the form of glycogen stores in skeletal muscle and liver. These energy stocks are quite low, the body produces approximately 400-500 g of glycogen, do not guarantee a great energy independence and are quickly exhausted during anaerobic. In moments of recovery aerobic metabolism allows you to restore energy supplies and combats the accumulation of lactic acid in the muscles originated. Calorie consumption for basketball players during a game of high level is about 600-800 kcal / hour. In basketball the anaerobic component has a crucial role. In the phase of possession and defense are essential changes of direction, sprints, jumps, accelerations and decelerations, all movements at high intensity. It's fundamental the ability of the muscle to develop a great power in a very short time and this can only be done through constant training. In particular, through athletic training that stimulates the development of physical strength and muscle mass. Most gifted athletes differ, in addition to the technical skills, even for agility and explosiveness higher than the average player. In parallel, the training of the physical endurance and aerobic capacity facilitates recovery from effort and promotes the "charging" of the body between a sprint and the other. The resistance level of an athlete is related to the ability to maintain physical performance even at the end of the match which often represents the decisive moment.

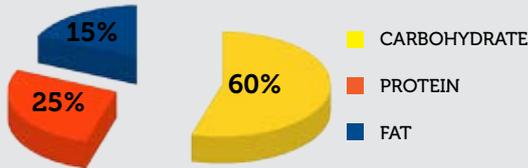
The physical composition of the basketball player is determined by several factors. One of the predominant is definitely the height, it is not editable by the athlete, but mainly depends on the genetics. The other components are modular instead through training and nutrition. Maintaining for the duration of the season the ideal weight and lean body mass, is one of the fundamental goals of any athlete. Basketball players have to adapt well in their nutritional strategy on training days, and not, in order to maximize physical performance, keep up the mental focus and facilitate recovery after effort.

Proper hydration is a prerogative needed to prevent declines in performance. Intense training causes a great loss fluids and minerals through sweating. If the loss is not reintegrated during exercise and in the aftermath, there was a decline in athletic. It was verified that dehydration also negatively affects the mental reactivity. In basketball it's necessary a high level of concentration in all situations of the game; rulesets and each movement in the field require great attention by the athlete. In addition, the freshness of mind is the functional capacity shooting for goal. Some studies analyze how important it is to drink regularly during a competition in order to maintain high rates of realization. We recommend using an effective supplement liquid containing an appropriate mix of minerals and possibly also of carbohydrates to maintain energy balance. Sugars are the fundamental energy source for the brain.

Carbohydrates in the diet are the main energy source of the organism. Can be classified according to their digestibility and their absorption into simple sugars and complex sugars.

Simple sugars are contained in sweet food, in honey and fruit, are sources of immediate energy. Their consumption should be limited in athletes, because, although quickly provide energy, this - if it is not consumed by the body - quickly turns into fat. Complex carbohydrates such as starch contained in pasta, rice and potatoes are a source of energy available in the longer term. They should be the primary energy source for athletes, because they determine constant release of sugars in time and maintain stable blood sugar levels. **Protein** have a fundamental role for the basketball player. They play a structural function, support muscle growth and are the main players of any biological process of the organism. As has been seen, physical performance, in addition to technical skills, are one of the main aspects that distinguish high-level athletes. However, training is not sufficient to determine the increase in lean body mass, you have to follow an appropriate diet that satisfies the protein needs of the athlete. The building of new muscle fibers may occur if the body contains the basic components of the skeletal muscle, the amino acids. They are assumed through the food proteins. The protein requirement for an average basketball player came to a daily amount of about 1.4-1.7 g protein / kg. For a player of 85 kg corresponds to about 130 g per day. Not all proteins are qualitatively identical; in the process of muscle protein synthesis have a key function of the noble proteins, that is the richest in essential amino acids. Animal proteins (meat, fish, eggs, cheese) have a higher nutritional quality than those vegetal for their high content of essential amino acids, including the branched.

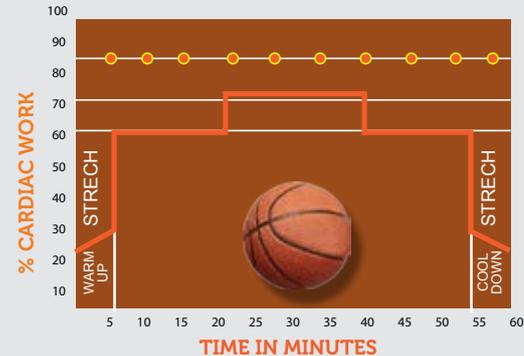
BALANCED NUTRITION



Fats represent the second energy source of the organism and are the biological material for the synthesis of hormones, cell membranes. They have an important role in the immune system, especially in the inflammatory response, and help to improve recovery. Are preferred definitely vegetable fats that have benefits for the cardiovascular system such as monounsaturated (olive oil and oleaginous fruits), Omega 3 and Omega 6 (salmon and walnuts), while they are to avoid saturated fats (lard and fat animals) and trans fats (margarine and processed foods).

A balanced diet provides a breakdown of calories eaten daily between the three main macronutrients. The principal energy source is represented by carbohydrates that contribute to about 55-60% of total calories, while fats and proteins represent the source secondary and tertiary.

DIAGRAM: Ratio between intensity of effort and energy sources



VO₂ max > 85% : ANAEROBIC = CARBOHYDRATE 100%

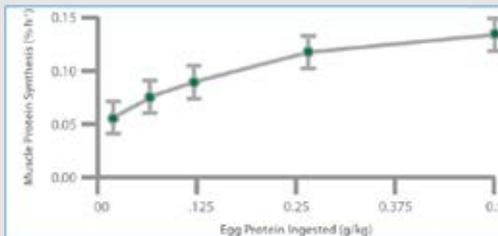
VO₂ max between 60 and 85% : mixed aerobic-anaerobic = CARBOHYDRATE 70%+FAT 30%

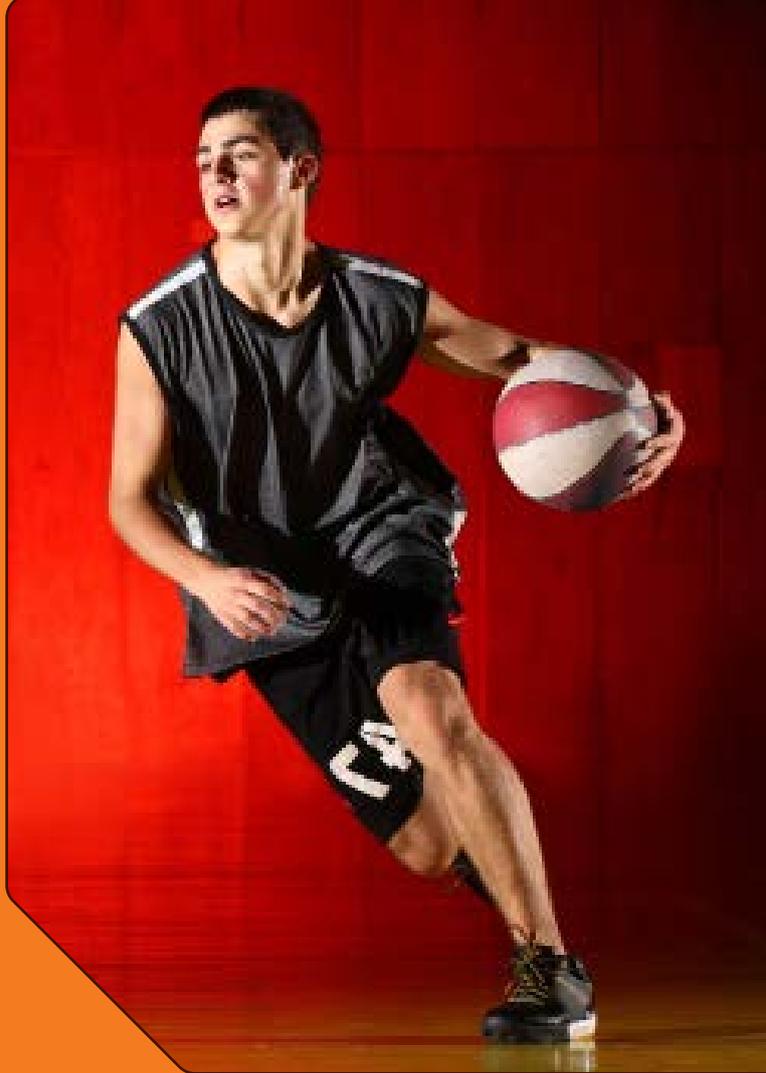
VO₂ max <60% : AEROBIC=FAT 70%+CARBOHYDRATE 30%

The diagram analyzes the energy source according to exercise intensity. At low intensity (<60%) energy is supplied mainly from fat. For higher intensities gradually increases carbohydrate oxidation. The power and integration must be targeted to the type of training to deal with. In basketball athletic training surely includes training of muscle power with anaerobic activity. The recommended approach is therefore to use a supplement based on carbohydrates including energy sources with different rate of assimilation (REISPRINT o X-PLOSIV) to be used in small intervals and short sips. The drink must be prepared with a concentration not exceeding 6% (30 g powder / 500 ml) to maximize the speed absorption of sugar. During a less intense workout is better to use complex carbohydrates slow assimilation, which ensure a constant supply of energy compared to simple sugars.

ANABOLISM AND CATABOLISM OF PROTEIN

The increase in lean body mass is a complex process that can be maximized with the help of a trainer, through specific training programs and adequate nutrition. The metabolism of muscle is a very complex phenomenon and difficult to predict, the skeletal muscle undergoes degradation processes called CATABOLIC ("burn" himself) and ANABOLIC processes that cause an increase in muscle trophism. Both are influenced by many factors. Generally during long and intense training sessions muscle undergoes catabolism, while at the end of the exercise and during the following hours takes over anabolism. A useful way to promote muscle growth consists in amino acids at the end; in particular the branched chain amino acids (leucine, isoleucine and valine) and glutamine, which stimulate protein synthesis. In the process plays a key role first hour after the end of the exercise. In this period, the body must be nourished with simple carbohydrates to restore glycogen stores of muscle and liver and proteins, for the reconstruction and repair of the damage caused by training. The resynthesis protein is a phenomenon that also lasts for 24 hours. It is seen that optimal muscle growth is achieved with the intake of approximately 0,25 g / kg of protein within 1 hour after the end of the effort, as evidenced by the graph below. For a man of 80 kg this corresponds to a quantity of 20 g. Between proteins we suggest the rapid absorption one such as the serum-insulated milk (20 grams per day of DIAMOND WHEY in 200 ml of water or low fat milk).





SUPPLEMENTATION

The common feeding is not always able to meet the nutritional needs of the basketball player. Often athletic training is not limited to the pre-season, but continues throughout the year; moreover, the games cause a high energy consumption and in some periods are particularly concentrated. In these cases it is more complicated to have adequate time for physical recovery. Therefore it is difficult to make in any situation programming food that provides the athlete the ideal dosage of macronutrients, minerals, vitamins and antioxidants. Higher is physical expenditure for the athlete and more the body needs these nutrients. However, the foods weigh down the digestive system, are complex to digest and contain waste that can disturb the training and competition. Food supplements contain important components for the athlete's diet; they are prepared at high purity and concentration. They assimilated in very short time and can be used even in the middle exercise. Rebalance the losses to which the body is subjected during the effort and restore normal function. Integration more targeted help the athlete in improving performance. It can help in enhancing muscle mass, improve the explosiveness of the movements, in increasing resistance to the exercise. Dietary supplements are not pharmaceuticals and doping substances. In order to be effective, they must be chosen in an intelligent and optimal way for the physical needs of the athlete. Their intake should be associated with strong will, hard training and sacrifice, the basic ingredients to achieve any goal.

SYFORM SUPPLEMENTS

Syform supplements guarantee the highest quality, are specially formulated to maximize performance during training and competition. The athlete can choose one of our products according to their needs, the line of supplements is complete and functional.

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.



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.



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.



CITROFOS

ENERGY AND POWER EXPLOSION

Supplement of **citrate creatine Creapure®** in single-dose sachet, the most soluble, assimilable and effective for the athlete. It does not produce water retention. Creatine becomes a valuable reserve of explosive energy if it is of high quality and it's taken in the correct doses, as prescribed below.



SYNERGY

AMINO ACID ENERGY

Amino acid glucogenetic supplement (producers of glucose) which are of particular importance in promoting energy availability during intense exercise and prolonged, and in accelerating the recovery at the end of the same.

ENERGY & ENDURANCE



CARBO SPEED

INNOVATIVE ENERGY OF VITARGO®

It contains traditional maltodextrins, isomaltulose and **Vitargo®**, a revolutionary maltodextrin from corn that is specifically designed to meet the energy requirement of athletes subjected to aerobic sports of at least 1 hour.



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 in powder form. 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.



X-PLOSIV gel

CHARGE OF IMMEDIATE ENERGY

Concentrated energy drink of carbohydrate and magnesium. With maltodextrin, glucose and dextrose: over 60% of carbohydrate. Magnesium is useful for counteracting cramps and final race fatigue. It contains a great Red Vine extract that improves muscle oxygenation during the exercise and counteracts the oxidation.



FINAL RACE gel

ENERGY FOR THE MATCH

Single-dose energy gel, indicated for the periods of particular intense training. It reduces fatigue, favours a rapid recovery of the explosive capacity in the final phase of the exercise. It contains 3 g of **fructose 1-6 di-phosphate**, acetylcarbitine, beta-alanine, magnesium.

RECOVERY

Products belonging to this section are specific to allow the athlete overcoming the most difficult moments of the season, in which regularly occurs a significant decrease in performance, you get sick easily and the energy lacks.

In the presence of these signals is appropriate to intervene integrating some essential nutrients to promote optimal recovery of energy and efficiency.



COMPETITION

POWER, ENDURANCE, RECOVERY

Concentrate of carbohydrate at different speeds of absorption, amino acid, minerals and antioxidant factors. It is a complete formula to deal with a prolonged effort and to facilitate the recovery post workout. It gives energy, saves muscles and promotes the recovery.

It is also available in convenient single-dose sachet!



GL3

RECOVERY

Supplement of 3 different types of glutamine, an important amino acid that favours the muscle plastic recovery after a prolonged exercise. It is also detoxifying and very effective in supporting the immune system, particularly weakened by an intense workout.

SPECIFIC SUPPLEMENTATION



EFA BLU CARDIOVASCULAR PROTECTION

Highly qualitative supplement, concentrated at 72% in **Omega 3** fatty acids, obtained by triple-distillation of fish oil oily. Contains 40% EPA and 20% DHA. Promotes cardiovascular function.



EMAFOL HIGHLY BIOAVAILABLE IRON

Supplement of iron, an extremely beneficial mineral for the athlete, and hard to be orally assimilated. It contains lactoferrin, a special whey protein that significantly increases the iron absorption, together with pyrophosphate iron **Sunactive**®, Vitamin C, B12 and folic acid.



MULTIVITAMIN 27 MICRONUTRIENTS

Natural supplement, complete in vitamins, minerals and microelements. It also contains a number of micronutrients and extracts from fruits and vegetables with antioxidant activity. Ideal in case of malnutrition, fatigue, strong physical or work commitment.



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.



ALKALIN COUNTERACT THE LACTIC ACID

It restores the reserves of alkalizing minerals, neutralizes the excessive acidosis and recovers an optimum physical efficiency. Alkaline is ideal for endurance athletes during exercise or competition and to promote recovery for those who are subjected to severe stress and overwork. It improves the intake of creatine.



NOSENEX NATURAL ANTIOXIDANTS

Concentration of the latest generation of antioxidant micronutrients, made entirely of plant derivatives. Antioxidants are substances which play the most important role of safeguarding the health against any element capable of producing a cellular damage, which eg. the exercise. With **Goji**, **Resveratrol** and **Green Tea**.



DEPATIC

THE LIVER IS YOUR ENGINE

It is a formulation based on plant extracts (silymarin and desmodium), effective in purifying the liver. The liver is one of the main organs that produce hemoglobin, it's a reserve of iron and the main detoxifying organ of the body. Its perfect functionality is essential for the optimal fitness of the athlete.



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.



TRIBOSID

VITAMINS, MINERALS AND MICRONUTRIENTS

Supplement based on plant extracts with tonic-energizing such as **Tribulus**, **Hay greek**, **Maca** and **Gynostemma**. It's indicated for people who wish to promote in a totally natural way the muscle protein synthesis increase, the tone, energy and endurance



SYFORM

SUPPLEMENTATION PLANS



PRE-COMPETITIVE TRAINING

The return to training has a vital role to be able to recover the optimal condition after the pause period, also is helpful to improve the deficiencies found during the previous season. For this, the workout isn't too much involved into the phase of the game, but rather is aimed at the recovery of muscle tone and weight. Feeding will therefore be based on a balanced diet and nutrient rich structural, vitamins and mineral salts.

NUTRITIONAL PREPARATION FOR 2 MONTHS

DURING BREAKFAST	BALANCE 3 scoops in 300 ml of water
DURING TRAINING	REISPRINT 1 scoop every hour
AFTER TRAINING	MUSCLE MASS 3 scoops in 300 ml of water
BEFORE BEDTIME	WORKOUT 1 sachet (x 1 month)

MICRONUTRIENTS SUPPLEMENTATION

DURING LUNCH AND DINNER	EFA BLU 2 pearls MULTIVITAMIN 1 tablet
20 MIN. AFTER TRAINING	NOSENEX 1 tablet ALKALIN 2 tablet



SYFORM

SUPPLEMENTATION PLANS



AGONISTIC SEASON

The energy of the athlete during the season should be managed between the workload of training sessions and competitions. Feeding and dietary supplementation at this stage have a vital role to supply the body with all the most important nutrients to speed recovery after exercise. This is why the basketball player should address particular attention to the nutritional aspect and psycho-physical peculiarities.

TRAINING 2-3 HOURS

40 MIN. BEFORE

CARBO SPEED or **MALTO+**
2 scoops in 300 ml of water
CARNITINE
1 tablet

DURING

REISPRINT
1 scoop every hour

15 MIN. AFTER

MUSCLE MASS
2 scoops in 200 ml of water

BEFORE BEDTIME

GL3
1 sachet in 100 ml of water
ALKALIN
1 sachet



COMPETITION

The competition forces the athlete to a perfect physical condition and a high level of mental concentration. The nutrient intake before and during the game should be designed to provide an adequate amount of energy. Before and during the race, a targeted supplementation can help to provide the explosive energy and the right nervous charge, helps to lower the threshold of fatigue and combat the emergence of cramps.

MATCH

90 MIN. BEFORE

MALTO+ GEL
1 single-dose in 300 ml of water
NOLATTICO
2 scoops

40 MIN. BEFORE

SMARTY FIALE 1 single-dose

DURING

COMPETITION or **REISPRINT**
2 scoops in 500-600 ml of water
FINAL RACE GEL
1 single-dose sip with water

20 MIN. AFTER

MUSCLE MASS
2 scoops in 200 ml of water

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.

FIND SYFORM SUPPLEMENTS IN:

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

Stay tuned



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.

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