



Official Supplier Udinese Calcio

**SPECIAL FOOTBALL  
DIETARY SUPPLEMENTS  
MADE IN ITALY**

**SYFORM**

# FOOTBALL AND NUTRITION

Football is the most played team sport and the most followed in the world. Each player, from the professional athlete to the amateur, knows how important are the hard training and the game plan to win a match. The nutrition is equally a key element. What is taken in the diet everyday influences the energy level, the performance and the overall health. A successful athlete knows that the diet is an essential part of the athletic training and also that it needs to be planned carefully.

Football is a sport characterized by a high energy consumption. The high intensity work is intermittent, anaerobic aerobic mixed. Usually the players are involved in quite mild physical activities while the 70% of the game, such as the pitch repositioning at the end of an action and the little accentuated pressing. However, during the match occur many situations of intense exercise, such as the sprint or the fast movements. For this reason, a high level match requires a high caloric expenditure, which in men can reach 800/900 kcal per hour. A player can run an average of 10-13 km per game, and it makes football similar to an endurance sport.

## HOURLY CALORIE CONSUMPTION IN FOOTBALL

<b>Woman</b>	55 Kg	600 kcal/h
<b>Man</b>	75 kg	800 kcal/h



The hydration is one of the most important aspects in sport nutrition.

A dehydrated tissue doesn't work in perfect efficiency. The habit of drinking is often underestimated, and there are subjects particularly predisposed to the risk of dehydration.

Drink 2 liters of water a day, even in the days when you don't exercise, is a valuable virtue.

The football player uses a mixed anaerobic-aerobic system for energy.

The **aerobic component** is used for the effort strength over time and allows a constant supply of energy. The primary energy fuels of the aerobic system consist of carbohydrate and lipids. The complete oxidation of these components provides a large amount of energy. Our organism is also able to store the carbohydrate reserves in the muscle and liver in the form of glycogen, which can be made available in times of need. During a football match occur peaks in energy consumption; it is estimated that every player in the 90 minutes runs at least 600 meters in sprints at the highest intensity.

The **anaerobic component** makes instead only use of sugars and creatine present in muscle to release the explosive power needed.

The **NUTRITION** is responsible for meeting the energy and metabolic needs of the organism; the greater the energy expenditure, the greater the re-introduction with food.

A balanced diet is important for physical health and performance of any player.

The nutrition is also essential for the mental condition of the athlete. The brain, in fact, must be fed like any other organ to be fully functional; mental focus in football is essential to demonstrate the technical quality.

A poor diet leads to tiredness, lapses in concentration, visual problems, muscle cramps and dizziness.

The **athleticism of a football player** hasn't the same importance as in other sports, such as gymnastics or weight lifting. However, for modern footballers, it plays an essential meaning. The great champions don't distinguish by the average player just for their technical qualities, but because they have higher than standard athletic parameters.



Among the most decisive performance there are certainly speed, sprint and the highest race speed. No less important are the shot power and the jump ability, which is often decisive in the situations of static game. The explosive component, therefore, must be adequately supported by a constant training and a healthy lifestyle.

For this purpose, an adequate nutrition and supplementation can bring great benefit.

Among team sports, football is one of those showing the highest frequency of **accidents**. The players are also fatally exposed to cramps and muscle micro-traumas. Several recent studies are confirming the importance of a good intake of vitamin D3 in the diet, to prevent the onset of muscle micro-traumas, which if underestimated can lead to more serious accidents.

The cramps are due to several factors, the most important of which is definitely the physical fatigue; they are also affected by an inadequate athletic training and pre-match warm-up. Another important cause of cramps is the hot and humid climate, that can generate a lack of electrolytes with change in their intra extracellular balance. The lack of electrolytes, in particular magnesium, is related to an insufficient nutrition.

A balanced diet, rich in fruit and vegetable, foods rich in vitamins and minerals, is very effective in preventing the onset of muscular problems.

The magnesium, for example, is a mineral whose daily requirement, established in 375 mg for an adult, is often taken in in an insufficient way. Magnesium deficiency is easily found in an unbalanced diet and is one of the most common causes of physical fatigue and of the onset of muscle cramps.

Dietary supplements rich in complex carbohydrate and minerals are very effective to support the energy needs and counteract the hydro saline losses during exercise, to delay the onset of fatigue and reduce the appearance of muscle cramps.

Syform provides supplements as Reispint, Competition, MGK, created rationally and specifically in order to ensure a constant supply of energy to the organism during the effort and to counteract the significant hydro saline losses related to it.

## CONCEPTS OF NUTRITION

The nutrition provides the organism with all the necessary components to keep it in balance and to support the physical condition of the player. The foods contained in the diet are varied, and can be classified into two main categories:

- a) **Macronutrients** are the components that are taken in greater amounts from foods, including carbohydrate, fats and protein.
- b) **Micronutrients** are the components with lower concentration, but that are essential to the physical well-being: minerals, vitamins, trace elements and antioxidants.

Among the macronutrients the main energy source of the diet is represented by **carbohydrate**. Depending on their nature, they are classified as **simple** or **complex**. *Complex carbohydrate* are, for example, the starches contained in potatoes, rice and pasta. They are a long-term source of energy, useful to maintain a stable glycaemia level and to provide the necessary glucose to skeletal muscle. Among the *simple carbohydrate*, the best known are fructose (contained in honey and fruit) and sucrose (contained especially in desserts). The consumption of simple carbohydrate must be limited in athletes because, although they provide instant energy, they favour the increase of fat deposits.

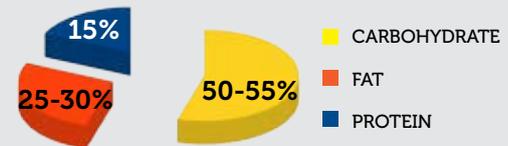
**Protein** are the most important organic constituent of the organism; involved in all biological processes, they have a fundamental structural and regulatory function. They are the main constituent of muscle fibers, but are also involved in the endocrine and immune systems. Not all protein have the same quality: the protein of animal origin (meat, fish, eggs, milk) have a higher biological value, so a better profile in essential amino acids, among which there are the best known branched amino acids. Usually, the protein intake of higher biological value is more effective to support the athletic performance.

Protein should provide 15% of the calorie quota, that corresponds on average to 1.4-1.7 g/kg of body weight per day.

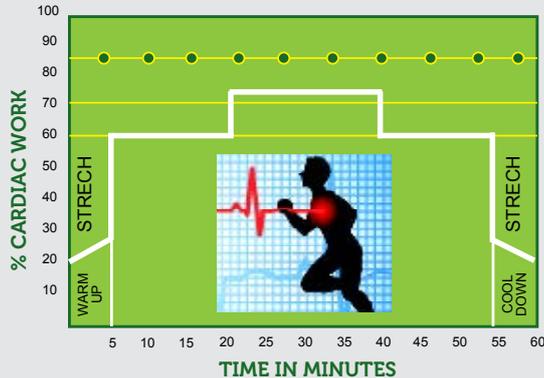
**Fats** are one of the main components of cell structures - remember the membrane phospholipids - and have an important energy role. They are used for the production of energy in the muscle during the medium-low intensity efforts. The vegetable fats, particularly polyunsaturated fatty acids of Omega 3 and Omega 6 type, contained in oily fish, oils and oleaginous fruits, have an important nutritional value. Thanks to their properties they maintain a healthy cardiovascular system and protect the osteoarticular system, counteracting accidents and favouring recovery. You should limit as much as possible animal-derived fats contained especially in fatty meats, in butter and in many packaged products.

The balanced diet for a player provides a sharing of macronutrients based on your daily calorie needs. Carbohydrate should provide at least 55-60% of total calories, especially in the form of complex carbohydrate. Protein should provide 15% of the calorie quota, that corresponds on average to 1.4-1.7 g/kg of body weight per day. Lipids should contribute to the daily calorie needs for 25-30%; and at least the half of total lipids should come from natural sources such as vegetable oils, nuts, almonds and other seeds.

### BALANCED NUTRITION



## DIAGRAM: Ratio between intensity of effort and energy sources



**VO<sub>2</sub> max > 85% : ANAEROBIC = CARBOHYDRATE 100%**

**VO<sub>2</sub> max between 60 e 85%: mixed aerobic-anaerobic= CARBOHYDRATE 70%+FAT 30%**

**VO<sub>2</sub> max < 60% : AEROBIC = FAT 70%+CARBOHYDRATE 30%**

The diagram shows how the type of energy used varies according to the different exercise intensity. During the high stress (> 85%) energy is mainly supplied by the oxidation of carbohydrate, while when the intensity is less than 60% it is almost exclusively supplied by fat.

The oxygen demand in football players during a game stands at about 70% of the maximum oxygen consumption, and the use of sugar as an energy source is at least 60%. This indicates that the approach must prioritize food carbohydrates than fat.

Therefore, depending on the type of training to deal with, the approach with food and integration will have necessarily to change. During a high workload, we recommend using a supplement containing carbohydrate at different speed of assimilation (*X- PLOSIV* or *REISPRINT*) to be used in short intervals and small sips. Also the new product *VO<sub>2</sub>* represents an optimal nutritional solution, because it contains a mixture of carbohydrates and short chain fatty, rapidly assimilated. To ensure maximum availability of energy is recommended that the concentration of the drink does not exceed 6% (30 g powder / 500 ml).

## NUTRITIONAL RECOMMENDATIONS FOR THE PLAYER

The player has often disordered eating habits: due to the high energy expenditure he tends to consume a large amount of energy foods, in particular carbohydrate (pasta, bread, rice, sweets) at the expense of protein, vitamins and antioxidant factors. For this reason it is recommended to:

1. Exploit the intake of protein, trying to take the proper daily protein requirement, distributing it throughout the day, in 4-5 portions. Each meal should contain at least 20-30 grams of protein. This allows the athlete to be sure of having supplied the body with the essential amino acids to support muscle efficiency and the maintenance of good health and physical well-being.
2. Give priority to complex carbohydrate than simple ones, as they deliver energy in a slow and prolonged way, preserving muscle glycogen stores in muscle and liver. Foods rich in dietary fibers are recommended since they also promote a better intestinal balance.
3. Do not forget the importance of proper hydration and saline replenishment. A player should maintain a high level of hydration already 2-3 days before a match or tournament. During a match he can lose up to 3 liters of water. For this reason, take an ergo saline drink throughout the match which can provide sugars and minerals, as well as promoting rehydration. We remind that the beverage must not be too concentrated, 5-6% at most, or 25-30 g of sugars per 500 ml, with an osmolarity (dissolved molecules in solution) of not more than 300 mosm/Liter.

## WHY SUPPLEMENTS?

Football is a sport characterized by a great plastic-energy expenditure that the nutrition is not always able to meet. During the competitive season, athletes are subjected to periods of very high load, with recovery intervals of very short duration among matches. The nutritional requirement of the player is variable and planning with punctuality and practicality the ideal nutrition is difficult. Sometimes it may be necessary to increase the intake of vitamins, minerals and other antioxidants to counteract fatigue and a precarious physical condition. At times it is just as difficult to build a food plan able to reinstate this requirement, for reasons of preparation, association and digestion of food close to a workout or match. The use of dietary supplements in this sense is very functional and practical, allowing the player to take a concentrated of those particular nutrients he needs.

Dietary supplements are in fact preparations of high purity and high concentration; they are quickly assimilable and can be used even in the middle of the exercise. They rebalance the losses to which the body goes towards during the exercise and restore the normal functionality. A targeted supplementation can really help the athlete to improve performance, strengthening the muscles, improving explosiveness, increasing the resistance. Dietary supplements should not be confused neither with drugs nor with doping products. In order to be most effective, they must be chosen in a rational and personalized way.

## SYFORM SUPPLEMENTS

Syform provides nutrient supplements of the highest quality, specifically formulated to maximize the performance during training and competition. The player can find among our products the ones that best suit his needs.

## 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



## BALANCE

### 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.



## MUSCLE MASS

### CARBOHYDRATE+PROTEIN+GLUTAMINA, CREATINE, VITAMIN E MINERALS

Nutritious and balanced, it provides a balanced protein-energy supply thanks to the presence of complex carbohydrate with low glycemic index, milk protein (37% protein content) and a complete pool of vitamins and minerals. It also contains essential proenergetic ingredients and muscle tonics such as creatine, glutamine, taurine.



## iPEP

### MILK PROTEIN HYDROLYSED

Hydrolyzed whey protein isolate. Hydrolysis breaks the protein chain into smaller parts, peptides, consisting of a few amino acids, making it faster and more efficient in their assimilation. iPep promotes rapid recovery after training, tones tissues and stimulates the immune system



## WORKOUT

### EXPLOSIVE POWER AND RECOVERY

Supplement of **Creapure® citrate creatine** and amino acids in single-dose sachets. It is a high-dose formulation of active ingredients and of particular value to accelerate recovery, helping to restore the explosive energy as phosphocreatine, of muscles, and eliminate toxins. Ideal for periods of particularly intense work.



## 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.

# ENERGY & ENDURANCE



Vitargo®

## CARBO SPEED INNOVATIVE VITARGO ENERGY®

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



## VO2 BEET RED AND NITRATE

VO2® aerobic is an innovative energy supplement based on complex carbohydrate red beet and L-arginine, able to improve the oxygenation of the muscles and supply them constantly energy. Enhances the production of nitric oxide. Ideal for training and pre-race.



## MALTO+ gel PURE MALTODEXTRIN IN GEL FORM

Energy supplement made from pure maltodextrin for an energetic response short, medium and long. Promotes rapid gastric emptying, has an aroma slightly marked, ideal for training and competition, to be taken with some sips of water.



## 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, whose rapid reintegration is particularly useful in case of excessive sweating and during the summer season. Taurine has a stimulating action from the nervous point of view. Ideal for training and competition.



## 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.



## CARNITINE PROMOTE 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.



## RECOVERY

Products belonging to this section are specific to allow the runner 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. As well as a needed rest, this is the most important time to restore the essential nutrients.



## COMPETITION

### POWER, ENDURANCE, RECOVERY

Concentration 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!*



## NOLATTICO

### COUNTERACTS THE LACTIC ACID

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



### 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.



### MGK MAGNESIUM AND POTASSIUM

Supplement of magnesium and potassium, very precious minerals for athletes. Useful to supply these two elements during summer, when the excessive sweating increases their requirement, to improve the cellular energy metabolism and prevent cramps.



### 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. Useful for safeguarding the health against any element capable of producing a cellular damage, which eg. the exercise. With **Goji**, **Resveratrol** and **Green Tea** and **Quercetin**.

# SUPPLEMENTATION PLANS



## FOOTBALL PRE-COMPETITIVE PREPARATION

The resumption of training is perhaps the most important time of the season. A good summer preparation usually provides a better general condition during the championship; it is moreover a good opportunity to improve the deficiencies identified in the previous season. For this reason, at this stage, the physical training prevail over the tactical, aiming at the recovery of muscle tone, healthy weight, aerobic efficiency. The nutrition will therefore be based on a balanced diet and rich in structural nutrients, vitamins and minerals.

### 2-MONTH PREPARATION

BREAKFAST or SNACK	<b>BALANCE</b> o <b>NUTRISOY</b> 2 scoops in 200 ml of water
DURING TRAINING	<b>REISPRINT</b> 1 scoop every hour of training, dissolved in 500 ml of water
20 MIN AFTER TRAINING	<b>FRIRAM</b> 5-8 tablet with a recovery meal
BEFORE BEDTIME	<b>CITROFOS</b> 1 sachet in 200 ml of water for 20 days



## FOOTBALL COMPETITIVE SEASON

The energy of the athlete during the season must be handled between the workloads of the training sessions and the planned competitions. Nutrition and supplementation have at this stage a key role in supplying the body with all the most important nutrients and to speed up the recovery after exercise. For this reason the player must pay special attention to the nutritional aspect and to the mental and physical needs and peculiarities.

### 2-HOUR TRAINING

60 MIN. BEFORE only 3 hours after the last meal	<b>CARBO SPEED</b> o <b>MALTO+</b> 2 scoops in 300 ml of water
DURING	<b>REISPRINT</b> 1 scoop dissolved in 500 ml of water
30 MIN. AFTER	<b>MUSCLE MASS</b> 2 scoops in 200 ml of water

# SUPPLEMENTATION PLANS



## FOOTBALL MATCH

The match requires the athlete a perfect physical condition and a high mental concentration. The nutrients took before and during the game should be aimed to provide an adequate supply of energy; in these moments a targeted supplementation can help providing an explosive power and the right nervous charge, it contributes moreover to lower the threshold of fatigue and combat the onset of cramps.

### MATCH

90 MIN. BEFORE

#### **MALTO+ GEL**

1 single-dose with 300 ml of water  
**NOLATTICO**  
2 scoops in 50 ml of water

40 MIN. BEFORE

#### **SMARTY SHOT**

1 single-dose

DURING

#### **REISPRINT**

1 sachet o 2 scoops in 500-600 ml of water

20 MIN. AFTER

#### **MUSCLE MASS**

3 scoops in 500-600 ml of water



SYFORM

# SUPPLEMENTATION PLANS



## SPECIFIC SUPPLEMENTATION

*TO CUSTOMIZE ACCORDING TO THE SPECIFIC INDIVIDUAL SITUATION*

PHYSICAL DISORDER	RECOMMENDED PRODUCT
LACTIC ACID	<b>NOLATTICO</b> 1-2 scoops daily for 10 days, at least between meals
IRON DEFICIENCY	<b>EMAFOL</b> 1 tablet, twice a day, after meals for 2 months
ANTIOXIDANT	<b>NOSENEX</b> 1 tablet daily, for 2 months, during particularly overworking periods, or 1 tablet every other day, for the whole season.

### WARNING:

The supplementation plans that are illustrated in this guide are purely suggestive.

The first factor that has to be analyzed is the individual variability of response. The trainer and the athlete, in concert must constantly monitor the feelings that the training produces, in order to correct any negative symptoms (eg. fatigue, muscular acidosis, difficulty of recovery or properly resting), also using a supplementation plan that is different from the one proposed.

In this guide there is only a part of the wide range of Syform supplements.

You can download the complete catalogue at [www.syform.com](http://www.syform.com)



## 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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