



CYCLING SPECIAL
DIETARY SUPPLEMENTS
MADE IN ITALY

SYFORM

CYCLING AND NUTRITION

Road or trail cycling and mountain biking are endurance sports characterized by a high energy expenditure. For this reason nutrition and supplementation, taking for granted a proper athletic training, play an essential role in ensuring the best performance . A winning athlete should lead a healthy lifestyle and follow a well-balanced diet, appropriate to the individual characteristics. By bike, the very high energy consumption of sugars and fats and the loss of water and minerals, especially in conditions of high temperature and humidity, can put the performance at risk.

Cycling and mountain biking are predominantly "aerobic" sports activities, in which the most used energetic substances are sugars and fats. Within the period of training and competition there are also frequent "anaerobic", or explosives, moments, such as the repeated or the continuous sprints during the competition. In these phases of energy peak, sugar and creatine ensure the best performance. However, the role of protein, in particular aimed at the efficiency of the muscles, the endocrine and immune systems, should not be considered marginal.

Our organism is able to accumulate energy reserves of sugars in the liver and muscles as glycogen. It arises from the assumption of starchy foods (pasta, rice, potatoes, cereals ...) and simple sugars (eg. fructose and glucose in honey, fruits etc.) at immediate release of energy. For endurance athletes, who consume a high number of calories at each workout (400-700 kcal / hour), carbohydrate coming from the nutrition are an essential energy resource.



To recharge the body and improve the performance it is necessary not to forget to drink a lot and regularly, even in the days when you don't train. Endurance trainings, especially if carried out in summer, cause intense sweating that results in loss of fluids and minerals. These losses must be absolutely replenished to maintain the muscle's reactivity.

The role of fats and protein should be carefully considered in the biker's diet.

Fats have a key role from the energy point of view. In particular, unsaturated (linoleic acid, **Omega 3**) and short-chain fatty acids, contained in the oils and oilseeds fruits, are quickly utilized by the muscle during the exercise, at medium intensities. Fats are also able to modulate the inflammatory response to a stress period, contributing to improve the recovery.

Protein, in spite of what many believe, play a critical and structural role for the biker. They are indispensable for the maintenance and growth of the muscle structure (plastic role), they contribute to meet the energy requirement during particularly prolonged efforts, and they maintain the efficiency of the immune, endocrine, nervous and digestive systems. Therefore their regular and correct intake is essential for the purposes of a good physical condition and performance.

It is just as important the quality of protein, carbohydrate and fats. Protein from animal sources (meat, fish, eggs, cheese) have a better nutritional value compared to those of plants (legumes, soybeans) because they contain a greater quantity of essential amino acid, branched included. For this reason, they feed more specifically the muscle tissue.

The **carbohydrate** to be preferred are undoubtedly the complex ones, of pasta, rice and whole grains; while you should avoid as much as possible simple sugars, contained in particular in sweets. Complex sugars stabilize glucose and increase the amount of muscle glycogen, so the availability of energy during the exercise. The regular intake of fish, twice a week, and the use of vegetable oils is a nutritionally correct way to take fat. A balanced diet should on average contain the following caloric distribution:

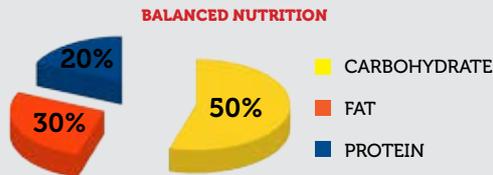
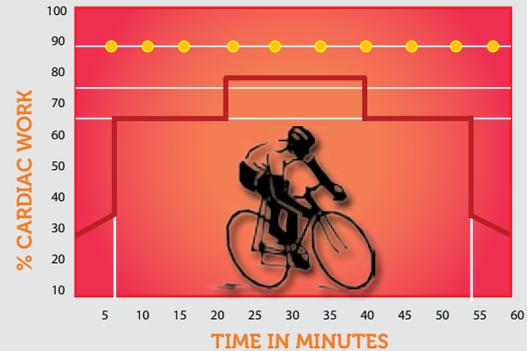


DIAGRAM: Ratio between intensity of effort and energy sources



VO₂ max > 85% : ANAEROBIC = CARBOHYDRATE 100%

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

VO₂ 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.

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. It is also particularly important that the concentration of the drink does not exceed 6% (30 g powder / 500 ml), to favor a fast gastric emptying and a rapid availability of energy.

In a phase of lighter work complex carbohydrate, characterized by a slower assimilation, are preferred to simple sugars, eventually with simpler and more assimilable fats, such as MCT. The new product VO₂ has this combination: it's designed for the aerobic activity.

WHY SUPPLEMENTS?

Cycling is a sport characterized by a high plastic energy expenditure, that the typical nutrition is not always able to meet in time of need. The foods slow down the digestive system, they are complex and contain waste that can disturb the training and the competition and they should be taken in large quantities to provide the ideal dosage of vitamins, minerals and antioxidants, that are so important in the cyclist's preparation.

Physical activity and frequent workouts cause a high consumption of sugars, water and minerals, and an increase in oxidative stress with the consequent production of free radicals.

Foods alone are not always able to compensate these needs, as not available in a quickly assimilable form.

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 cyclist 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.

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.



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



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.



ENERGY & ENDURANCE



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.



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.



SYBAR ENERGY ENERGY FROM DRIED FRUIT

Energy bar made from tasty pasta of dried fruit and cereal flakes.

It is a concentrate of pure energy, to obtain an immediate charge at any time of need. Ideal as an energy snack and for prolonged exercise. Its best quality is the very high digestibility.



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.



FINAL RACE gel "ESAFOSFINA" FOR THE FINAL PHASE

Energetic gel single-dose indicated for periods of particularly intense workout. It reduces fatigue, helps improve athletic performance and favours a rapid recovery of the explosive capacity during the final part of the exercise. It contains **3 g of diphosphate fructose 1,6**, Acetyl-carnitine, Beta-alanine and Magnesium.



MALTO+ gel

VERY PURE MALTODEXTRIN IN GEL FORM

Energy drink based on pure maltodextrin, at D.E.19 (dextrose equivalence), a simple carbohydrate enough to be quickly effective and, at the same time, complex enough to promote an energy efficiency over time. It is perhaps the ideal carbohydrate for the biker.



VO2

BEEF RED, MCT AND NITRATE

VO2® aerobic is an innovative energy supplement based on complex carbohydrate red beet and e 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.



SMARTY vial and Shot

CHARGE AND GRIT

A concentration of substances that favours the highest nervous charge and concentration. It can lower the threshold of fatigue and enhance the immune response and reactivity. With Caffeine, Aspartate Arginine, Rhodiola, Taurine and Acetylcarnitine: 4,5g of active ingredients just in one vial. Assured effectiveness.

RECOVERY

Products belonging to this section are specific to allow the fighter 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!



GL3

RECOVERY

Supplement of 3 different types of glutamine, an important amino acid to facilitate the recovery of plastic muscle after prolonged exercise. He also disintoxicante action and is very effective to support the immune system, particularly weakened by an intense workout.

SPECIFIC SUPPLEMENTATION



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.



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.



CARNITINE **PROMOTES ENERGY FROM FAT**

Carnitine and acetyl-carnitine supplement. Plays a tonic action and energy. Allows a greater use of fat, save muscle glycogen, facilitates the performance of aerobic exercise.



NOLATTICO **COUNTERACTS THE LACTIC ACID**

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.



NOSENEX **POWERFUL MIX OF 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**.



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.

SUPPLEMENTATION PLANS



NON COMPETITIVE CYCLING

For those who enjoy cycling without any competitive ambitions, dietary supplementation may be very simple and focused on the sole objective of ensuring an optimal energy efficiency during the training or the hiking. For the "Sunday's Biker " it is important to supply constantly the muscle with water, complex sugars and minerals, which are considered the basic nutrients.

TRAINING

BEFORE	SYBAR ENERGY FRUIT 1 bar
DURING	REISPRINT 1 sachet or 1 scoop every 90 min. of work



COMPETITIVE CYCLING

PRE-COMPETITIVE SEASON

This period of the year is characterized by the resumption of the training to regain an optimum condition and to improve the general deficiencies found during the previous season. At this stage, the athlete is subjected to a heavier work, aimed at enhancing and strengthening muscles. For this reason, the nutrition should be richer in structural nutrients, such as protein and amino acid.

NUTRITIONAL PREPARATION FOR 2 months

BREAKFAST and SNACK every day	BALANCE or NUTRISOY 1,5 scoops
DURING TRAINING	REISPRINT 1 sachet or 1 scoop every 90 min. of work
AFTER TRAINING	FRIRAM 5 tablet
BEFORE BEDTIME	CITROFOS 1 sachet for 20 days

NOTES

- Do not take creatine together with other nutrients and supplements that are not simple or complex carbohydrate to not avoid reducing their assimilation.
- Our protein contain less than 1% of lactose, but if you are allergic to milk protein you should use **NUTRISOY**, which is based on excellent soy protein.

SUPPLEMENTATION PLANS



COMPETITIVE CYCLING

COMPETITIVE SEASON

The competitive athlete has to pay close attention to the nutrition. It is important to manage the training very well, rationing out workloads and energies, to preserve them throughout the competitive season. For this reason, you should plan also the nutrition and dietary supplementation, which may be very useful to speed up the recovery and to supply all the main nutrients used during the exercise at appropriate times.

1-HOUR INTENSE TRAINING

30 MIN. BEFORE	X-PLOSIV GEL 1 single-dose with 300 ml of water
DURING	REISPRINT 1 sachet or 1,5 scoops in 500 ml of water
15 MIN. AFTER	REISPRINT 1 sachet or 1,5 scoops in 500 ml of water

2/3-HOUR TRAINING

30 MIN. BEFORE	MALTO+ GEL 1 single-dose with 300 ml of water CARNITINE 1 tablet
DURING	REISPRINT 1 sachet or 1,5 scoops in 500 ml of water SYBAR ENERGY 1 bar as needed
20 MIN. AFTER	COMPETITION 1 sachet or 2 scoops in 500-600 ml of water

3-HOUR COMPETITION

30 MIN. BEFORE	MALTO+ GEL 1 single-dose with 300 ml of water SMARTY FIALE or SHOT 1 vial or shot
DURING at half-time	COMPETITION 1 sachet or 2,5 scoops in 600 ml of water sip it in a hour
at 2/3	FINAL RAGE GEL • X-PLOSIV GEL 1 single-dose as needed
15 MIN. AFTER	REISPRINT 1 sachet or 1,5 scoops in 500 ml of water

SPECIFIC SUPPLEMENTATION

SPECIFIC SUPPLEMENTATION

to customize according to the specific individual situations

LACTIC ACID	NOLATTICO 1 scoops twice a day, one before bedtime and one 1 hour before training
IRON DEFICIENCY	EMAFOL 1 tablet, twice a day, after main meals for 2 months
ANTIOXIDANT	NOSENEX 1 tablet daily, for 2 months, in case of particularly overworking periods or 1 tablet in alternate days for the whole season
DEPURATIVE	DEPATIC 1 tablet, twice a day, in case of particular stress and difficult of recovery GL3 1 sachet daily before bedtime

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



SYFORM

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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Miguel Martinez
Olympic Gold Sidney 2000
Bronze Atlanta 1996

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