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**SPECIAL FIGHTER**  
**DIETARY SUPPLEMENTS**  
**MADE IN ITALY**

**SYFORM**

## FIGHTER AND NUTRITION

This short guide is for us an attempt to promote awareness of the importance of proper nutrition and supplementation for those who practice the different fighting disciplines such as boxing, kick boxing and karate.

The end it is not just the best performance, but simply being able to train at the best, without compromising the physical health.

Fighters are only recently starting to interest in these aspects of their activity.

Since the intensity of the training is particularly high, adequate nutrition and supplementation are essential to:

- support muscles (lean body mass) and energy requirements
- counteract the production of lactic acid in the muscles
- maintain adequate idrosaline reserves, that is a good state of cellular hydration and concentration of minerals.

Minerals' depletion normally causes cramps, tiredness and weakness. These disciplines, from the metabolic point of view, are mostly considered aerobic anaerobic mixed, without a significant accumulation of lactic acid in the muscles, of medium-high intensive work. They mainly use carbohydrate and fats as sources of energy. The energy requirement is as follows:

<b>BOXE, JUDO, KARATE, KICK BOXING</b>	700 kcal/h men
	525 kcal/h women

For fighters, as for many other sports played at a high level, technique and training are likely to contribute to a winning performance in a more meaningful way than proper nutrition. However good nutrition can certainly give a contribution for easy to understand reasons.

The fighter fights constantly also with the weight, particularly influenced by the diet.

Simple sugars and fats help to increase the storage of body fat, instead protein favor its control and significantly contribute to develop the fighter's qualities.



**Matteo Modugno - Italian Heavyweight Champion  
Team Dolce & Gabbana - Syform Athlete 2013**

## FIGHTER'S DOTES AND METABOLISM

	<b>MUSCLE QUALITIES</b>	<b>KINETIC PERCEPTIVE QUALITIES</b>	<b>MENTAL QUALITIES</b>
Aerobic resistance	STRENGTH	REFLEXES	INTELLIGENCE
Anaerobic resistance	POWER	COORDINATION	WILL TO ASSERT
Specific resistance	MOBILITY, ELASTICITY	MOTOR SKILL	EXPERIENCE, POSITIVENESS

A particularly important element that has to be considered by the fighters is a good hydration and the maintenance of mineral reserves. In the closeness of the match some quite risky techniques cause significant losses of water, with the danger of dehydration and for the health of the athlete.

To avoid these risks the athlete should reach an optimal weight, in terms of lean body mass and water content, some time before the fight.

### **Carbohydrate, Protein and Fat**

Proper nutrition is essential for the fighter to compensate for the significant increase in energy-plastic requirement, and to maintain an optimal muscle efficiency.

Carbohydrate are essential to sustain the energy of the exercise, but protein are also essential to ensure efficiency and recovery to muscles. Both these nutrients are of particular importance in the fighter's diet and they must be taken regularly and at the same time during the day, at least with 3-5 meals.

It is a good rule to have the last meal at least two hours before training.

The **carbohydrate** content in foods (eg pasta, rice, potatoes, cereals ...) are rich in starch – at gradual release of energy - and it would be better to assume them with main meals and far from the effort. Simple sugars (eg, sucrose, glucose and fructose in honey contained, fruit ...) have to be taken close to the exercise.

Both of them help to maintain the integrity of the energy reserves in the glycogen form, the sugar of the muscles. Sweets and simple sugars have to be avoided as much as possible, in particular their regular intake, although this detail is not worth at all costs for athletes with very high metabolic qualities.

Complex sugars stabilize the glycemia and increase the amount of muscle glycogen, so the availability of energy during the effort.

The sugars provide explosiveness and immediate recovery of energy after a particularly intense and prolonged exertion.



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Syform Athlete

**Protein**, although they are not involved in terms of energy, play a primary role. They are indispensable for the maintenance and growth of the muscle structure (plastic role), and they maintain the efficiency of the immune, endocrine, nervous and digestive systems. 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. In combat sports, especially for competitive athletes, the protein requirement is particularly high (more than 1.7-1.8 g protein / kg body weight).

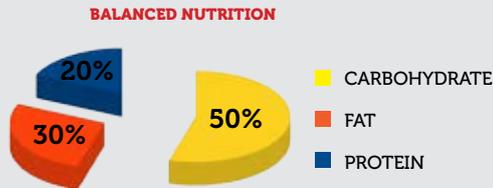
The intake of 3-5 daily servings of dietary protein or in the form of supplement, if well distributed between breakfast, lunch, dinner and snacks, assure the fighter an excellent workout ability, strength, physical endurance and muscle elasticity.

Taking a good percentage of protein is moreover essential for the fighter to reduce and control the fat mass. Protein, in fact, accelerate the metabolism compared to carbohydrate and fats. In this regard, follow a diet in which protein represent 25-30% of calories.

People talk always probably too little about **fats**, for their negative reputation, but their balanced assumption is however vital.

In particular a proper intake of polyunsaturated fatty acids and Omega 3 is essential. The first are contained respectively in linseed oil and avocado, peanut butter, almonds and walnuts, the latter in oily fish and salmon. They are essential for maintaining in good health the cardiovascular system and to protect the osteoarticular system, especially stressed in fighters.

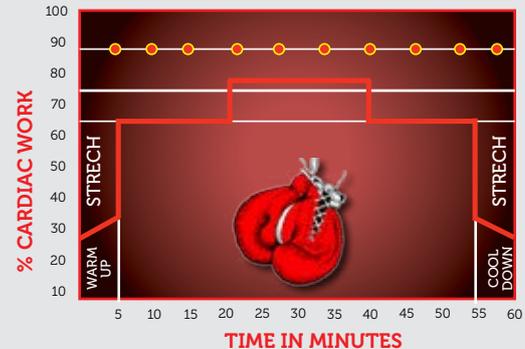
A balanced diet should on average contain the following caloric distribution:



## GOOD FOOD RULES

- Follow a balanced and personalized meal plan, if possible consulting a nutritionist
- Follow a varied diet
- Take at least 2 servings of fruit (pineapple, papaya, red fruits, apple) and 2 of vegetables per day
- Control the intake of simple sugars: they easily turn into fat
- Control the salt and sausage foods. Avoid if possible butter and margarine, fried foods, sauces, pastries, snacks
- Drink 2 liters of water per day
- Do not take more than 30-40 grams of protein at a time
- To lose weight, reduce your intake of carbohydrate and increase that of protein
- Take the carbohydrates in dosage of 30 g in 500 ml of water
- Always use the highest quality supplements, including powdery protein

**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%**

## 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 fighter 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.



### **OPTIWHEY** CONCENTRATED, HYDROLYSED, ISOLATED WHEY PROTEIN

Three protein sources of milk – concentrated, hydrolyzed and isolated whey protein - in a single product and rich in essential amino acid. Optiwhhey is ideal for strengthening the muscles and supporting workloads, improving elasticity, tone and muscle force. Highly soluble and digestible, thanks also to Enzimix, it is suitable for the recovery after training and for nutritious snacks.



### **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.



### **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.



### **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.



### **SYNTHESIS** PROMOTES MUSCLE TROPHISM

Supplement of HMB and KIC, two excellent substances to speed up recovery and stimulate the muscle growth. Ideal in case of weight loss, poor recovery capability, heavy workout.

# ENERGY & ENDURANCE



## **CARBO SPEED** **PROLONGED ENERGY**

Energy supplement based on Vitargo maltodextrin and isomaltose, complex carbohydrate which release energy in a very slow and steady way. It does not cause sudden glycemic changes. For this reason, it is particularly suited to provide energy for a prolonged and sustained effort. Ideal for training. It contains no aromas.



## **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, 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 the combat and training.



## **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.



## **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.

## FIGHT



### **FINAL RACE** gel **ENERGY FOR THE FIGHT**

It contains a unique, special sugar (diphosphate fructose 1,6) and high dose ingredients, Beta Alanine, Acetyl-carnitine and magnesium, as single-dose energy gel. It is indicated before the match and intense workouts.

It reduces fatigue, favours a rapid recovery of the explosive capacity.



### **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.

## 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 lack the energy.

As well as a needed rest, this is the most important time to restore the essential nutrients.



### **MUSCLE MASS** **MUSCLE MASS, RECOVERY**

Dietary supplement for athletes based on milk protein, amino acid, creatine, vitamins and minerals.

Muscle Mass is ideal to restore the muscular energies expended in a strenuous exercise, or following the same, in particular if it's long and binding.



### **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 antioxidant and very effective in supporting the immune system, particularly weakened by an intense workout.



## SPECIFIC SUPPLEMENTATION



### **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.



### **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.



### **THERMO XTREME** FAT BURNING AND ADRENALINE

It is a high-dose association of different active ingredients having thermogenic and stimulant role. For this reason Thermo Xtreme is indicated in weight loss plans and to give a strong boost of energy before training and combat. It contains around 200 mg of caffeine per tablet.



### **FOSFOLIPID PS** PHOSPHATIDYLSERINE

Useful supplement in case of super workout, to avoid weight loss. Phosphatidylserine is an anticatabolic, so it promotes recovery and growth. Very useful during the last 2 weeks before the fight and to improve concentration.



### **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.



### **EFA BLU** OMEGA3 - NATURAL ANTI-INFLAMMATORY

5-star supplement of **Omega 3**. The highest quality, purity and concentration. It promotes the cardiovascular function, protects the osteoarticular system and modulates the inflammatory response to substances produced by the body under stress and intense physical activity. Its supplementation can be very useful during periods of intense training.

# SUPPLEMENTATION PLANS



## NON COMPETITIVE FIGHTING

For the fighter without any competitive ambition, dietary supplementation may be very simple and focused on the sole objective of ensuring an optimal energy efficiency during the training. The supplementation has to follow a balanced diet.

### TRAINING 1.5 h x 2-3 times a week

<b>BREAKFAST or SNACK</b> 3 times a week	<b>OPTIWHEY</b> 2 scoops in 200 ml of water
<b>BEFORE TRAINING</b> 40 minutes	<b>THERMO XTREME</b> 1 tablet
<b>DURING TRAINING</b>	<b>CARBO SPEED o REISPRINT</b> 2 scoops in 500 ml of water

### INCREASE EXPLOSIVENESS x 30 days

<b>BEFORE BEDTIME or BREAKFAST</b>	<b>CITROFOS</b> 1 sachet in a glass of water
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## COMPETITIVE FIGHTING

It requires a plan of challenging work. It is essential to pay close attention to the nutrition, supplementation, exercise intensity and rest. The diet should be balanced and varied, rich in all the major structural nutrients, vitamins and minerals. Take 5-6 meals a day. The suggested indications are only indicative, because they must be necessarily customized.

### WEEKLY WORKOUT x 2 months

<b>BREAKFAST or SNACK</b> everyday	<b>OPTIWHEY</b> 2 scoops in 200 ml of water
<b>BEFORE TRAINING</b> if you took the last meal > 3h before	<b>CARBO SPEED o REISPRINT</b> 2 scoops in 500 ml of water <b>THERMO XTREME</b> 1 tablet
<b>AFTER TRAINING 30 minutes</b>	<b>MUSCLE MASS</b> 3 scoops in 500 of water <b>SYNTHESY</b> 5 tablet

## NOTES

- To improve the quality of the training you can add before NITROKIC , 1 sachet or 3 tablet.
- To improve explosiveness, the programme is in the previous page.
- Use also energy bar as a snack between the main meals. They are digestible and nutritious.

## SUPPLEMENTATION PLANS

Within the two weeks before the fight it would be appropriate to simulate the same with adequate sparring partners.

In this phase, all the work so far done should already be concluded. In the simulation of the match, despite the lack of the competitive tension, it is essential to test the tolerability and the energy response of all the supplements identified according to your needs.

You should do the same with the diet. The day of the fight you should avoid overloading the digestive system, therefore consume the last meal of carbs at least 3 hours far from the match.



### MATCH

**1 HOUR AND A HALF BEFORE**

**CARBO SPEED** 2-3 scoops  
**NOLATTICO** 2 scoops  
dissolved in 500 ml of water

**40 MINUTES BEFORE**

**SMARTY**  
1-2 vial and shot

**20 MINUTES BEFORE**

**FINAL RACE**  
1 single-dose

**DURING THE MATCH**

**REISPRINT**  
2-3 scoops in 500 ml of water  
Sip in the intervals

### SPECIFIC INTEGRATION

to customize according to the specific individual situations

**LACTIC ACID**

**NOLATTICO+GL3**

1 scoop Nolattico + 1 sachet GL3 daily before bedtime, for 10 days

**CRAMPS**

**MGK**

2 tablet twice a day after breakfast and before bedtime

**ARTICULAR EFFICIENCY**

**EFA BLU**

1 pearl twice a day, after meals

**NUTRIENT**

**MULTIVITAMIN**

1 tablet twice a day, after meals

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.

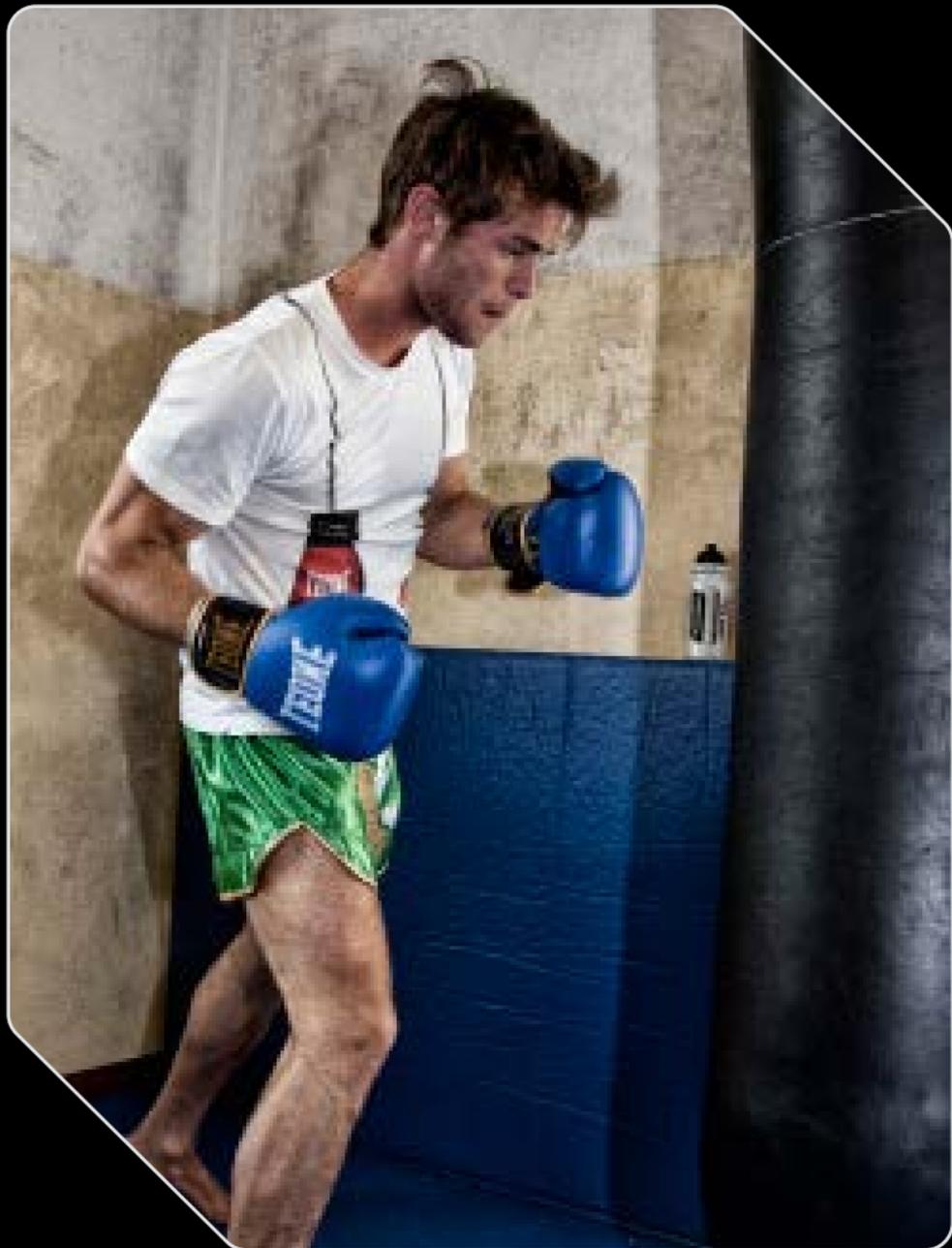
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