



**SPECIAL FITNESS**  
**DIETARY SUPPLEMENTS**  
**MADE IN ITALY**

**SYFORM**

# FITNESS AND NUTRITION

**FITNESS** e **BODY BUILDING** are characterized by a high energy-plastic, sugar and protein expenditure, which are mainly used by the most important muscle tissues. They are in fact predominantly "anaerobic" sports activities, characterized by ceilings and subceilings exercises. For this reason the diet and supplementation, able to sustain, tone up and increase the muscle mass, should favor an optimal requirement of protein and carbohydrate, respectively with plastic and energy function. In these sports, in fact, the demand for protein increases and an adequate nutrition should give on average 1.2-1.5 g/kg of body weight, to be adapted according to the size of the training and the physical individual characteristics.

It is scientifically established that animal **protein** have a higher nutritional efficiency than vegetable protein. The first are in fact complete and rich in all essential amino acid, the latter (especially cereals) lack in some of them. The noble food sources of protein are milk and dairy products, eggs, meat, fish.

Each day, the body destroys and rebuilds protein (turnover) to ensure a perfect physical efficiency. As in the human body there is no reserve of protein, with the nutrition we have to introduce them in a certain quota every day. Equally important is to distribute their intake throughout the day, through the three main meals and some snacks.

During long and intense training sessions, the muscle undergoes CATABOLISM ("burns" itself); within the following hours instead the ANABOLISM replaces it (the better the training, the more effective the muscle rebuilding). This phase is favored when are taken amino acid, in particular branched-chain and glutamine, which stimulate protein synthesis and therefore the growth.

**Carbohydrate** play a primary role from the energetic point of view. For this reason they must be taken regularly both during meals and during the training sessions. In particular, priority should be given to the complex carbohydrate from pasta and brown rice, or maltodextrin from corn.

The nutrition of those who practice fitness and body building must anyway be very varied, rich in particular in fruit and vegetables, in a controlled regime of vegetable fat, among which are preferable **oils and unsaturated fatty acid** obtained from fish (Omega 3), rather than those from cheese and other fatty foods.



## WHY SUPPLEMENTS?

The common nutrition is not always able to meet the high demand of plastic energy of those who practice fitness and body building. To promote muscle growth, it is appropriate to consume 5 daily meals, in which protein must be always present, at least in a minimum amount. For this reason, resorting only to ordinary foods is likely to weigh down the digestive system and produce fat and excess toxins. In fact, the foods should be taken in large quantities to provide the ideal dosage of protein, vitamins, minerals and micronutrients, that are so important in the nutrition of the muscle tissue.

Supplements instead contain noble sources of protein, amino acid and carbohydrate, vitamins and minerals in a pure, concentrated and quickly assimilable form. For this reason, those who have to increase muscle mass and increase body weight can not only introduce ordinary foods, but must resort to natural food supplements that can quickly rebalance the functions and the nutritional losses that the body undergoes during the exercise. Today's technology provides us with ultra-pure and highly digestible (I-PEP) protein extracts from milk with extraordinary nutritional properties; moreover, with the possibility of making mixtures of ingredients specifically designed for each sport and need.

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, optimize the metabolic processes and promote recovery after the exercise

## SYFORM SUPPLEMENTS

Syform has its philosophy, based on transparency and purity, balance and nature. Syform's research presupposes knowledge and intelligence, clearness and concentration, both intellectual and chemical. Syform has decided to use its expertise to ensure products of high quality and effectiveness, thanks to a careful selection of raw materials and to the severity of the controls.

## PRODUCT LINES



PROTEIN=STRUCTURE



AMINO ACID=STRENGTH



CARBOHYDRATE=ENERGY



MICRONUTRIENTS

## QUALITY CREATION

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

Use of registered trademark raw materials or with production patents



Selection of vegetable extracts obtained with innovative extraction methods

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

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

Selection of certified production laboratories

Microbiological, organoleptic and nutritional compliance certificate



# STRUCTURE & STRENGTH

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



## BALANCE

### MILK PROTEIN - RETARD ACTION + TONE + LEAN BODY MASS

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



## DIAMOND WHEY

### VERY HIGH NUTRITIONAL VALUE FAST ASSIMILATION

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



## 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

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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.



## ESSENZIALE 8+

### FREE ESSENTIAL AMINO ACID

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Supplement of essential amino acids and vitamin B6 can stimulate protein synthesis, improve mood and intellectual activity and strengthen the immune system.



## SYNTHESY - HMB

### PROMOTES MUSCLE TROPHISM

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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.



## CITROFOS

### ENERGY AND POWER EXPLOSION

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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.



## GL3

### DETOXIFYING, RECOVERY

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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.

## ENERGY & ENDURANCE



Vitargo<sup>®</sup>

### **CARBO SPEED** VITARGO<sup>®</sup> INNOVATIVE ENERGY

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It contains traditional maltodextrins, isomaltulose and **Vitargo<sup>®</sup>**, 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.



### **GLICOGEN** CHARGING THE GLYCOGEN

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Glycogen is a food-based Glucose which can recover in a short time the availability of glycogen, the cellular and muscular energy to face up any effort..

## RED FITNESS



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

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Protein supplement, essential nutrients for muscle trophism, with B vitamins, suitable for supporting the intense sporting activity and muscle efficiency.



### **NITROKIC** ANABOLIC STIMULANT

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NitroKic is an effective dietary supplement to promote the synthesis of nitric oxide, a substance that improves vascularity and general muscle and promotes the energy metabolism of those who practice sport at high intensity.



### **TRIBOSID** VITAMINS, MINERALS AND MICRONUTRIENTS

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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

## THERMOGENIC



### **SMARTY vial and Shot** **CHARGE AND GRIT**

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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.



### **THERMOGENIC ONE** **THERMOGENIC FAT BURNER**

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It is a very effective formulation to speed up metabolism and lose weight. Its components act in perfect synergy and induce thermogenesis, a process that destroys the fat storage for energy; thanks to its properties, also determines optimal energy yield and mental liveliness.



### **THERMO XTREME** **THERMOGENIC FAT BURNER**

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Thermo Xtreme is a dietary supplement of caffeine and standardized herbal extracts; adjuvant in controlled low-calorie diets for the reduction of body weight, it is useful in supporting the physiological process of thermogenesis.



## SPECIFIC SUPPLEMENTATION



### **MIMIKER** **BANABA-LIPOIC ACID AND CHROMIUM**

L 'alpha-lipoic acid, coenzyme Krebs cycle, ensures optimum energy availability. It is a powerful antioxidant factor, which has shown protective properties on the nerve fiber, so as to be used in therapy of various types of neuropathies.



### **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.



### **ROSA C** **A HEALTHY JUICE**

Rosa canina is a medicinal plant very rich in flavonoids and vitamin C, in an amount ten times higher than the citrus juice. Vitamin C is indicated to prevent diseases of the cardiovascular and cooling, such as colds and flu, and has a strong antioxidant.



### **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.



### **ZINCOR** **ZINC AND COPPER IN SINERGY**

Zinc is a microelement, essential component of many enzymes active in the processes of cellular respiration, in the regulation of blood pH, in the synthesis of collagen proteins essential for the integrity and beauty of the skin.



### **EFA BLU** **CARDIOVASCULAR PROTECTION**

Supplement highly qualitative and concentrated up to 72% in **Omega 3** fatty acids, obtained by triple distillation from fish blue. Contains 40% EPA and 20% DHA. Promotes cardiovascular function.

# SUPPLEMENTATION PLANS



## BODY TONIC

OBJECTIVE: MUSCLE TONING

### FOR 3 MONTHS

BREAKFAST 10 MIN. BEFORE	<b>CITROFOS*</b> 1 sachet in 150 ml of water <b>BALANCE</b>
DURING	2 scoops in 200 ml of water or low-fat milk
MID-AFTERNOON SNACK	<b>BALANCE</b> 2 scoops in 200 ml of water or low-fat milk
TRAINING DURING	<b>CARBO SPEED**</b> 3 scoops dissolved in 250 ml of water

\* **CITROFOS** use it for cycles of 30 days, alternating with 30-day stop.

\*\* **CARBO SPEED** use it only if you need energy to train and there are no problems of overweight.



## FITNESS COMPETITIVO

OBJECTIVE: INCREASE THE LEAN  
BODY MASS OF SOME KG

### FOR 3 MONTHS

BREAKFAST 10 MIN. BEFORE	<b>CITROFOS*</b> 1 sachet in 150 ml of water <b>BALANCE</b> <b>TRIBOSID</b> 2 tablet
DURING	2 scoops in 200 ml of water or low-fat milk
MID-AFTERNOON SNACK	<b>BALANCE</b> 2 scoops in 200 ml of water or low-fat milk
TRAINING DURING	<b>CARBO SPEED**</b> 3 scoops dissolved in 250 ml of water
15-20 MIN. AFTER	<b>FRIRAM</b> 5 tablet <b>TRIBOSID</b> 2 tablet

\* **CITROFOS** use it for cycles of 30 days, alternating with 30-day stop.

\*\* **CARBO SPEED** use it only if you need energy to train and there are no problems of overweight.

# SUPPLEMENTATION PLANS



## WOMEN SLIMMING

**OBJECTIVE: TO LOSE WEIGHT  
MAINTAINING THE MUSCLE TONE**

### FOR 2 MONTHS\*

BREAKFAST 10 MIN. BEFORE	<b>TERMOGENIC ONE</b> 1 tablet <b>DIAMOND WHEY</b> 2 scoops in 200 ml of water or low-fat milk
LUNCH 10 MIN. BEFORE	<b>TERMOGENIC ONE</b> o <b>TERMO XTREME</b> 1 tablet
MID-AFTERNOON 30-40 MIN. BEFORE	<b>DIAMOND WHEY</b> 2 scoops in 200 ml of water or low-fat milk

\*It is important to associate the supplementation with an hypo caloric dietary plan, preferably ketogenic-protein. In particular, DIETASIRT® dietary plan can lead to lose up to 10 kg.



## BODY BUILDING

**OBJECTIVE: DEFINITION AND  
MAINTAINANCE OF THE LEAN BODY MASS**

### FOR 3 MONTHS

BREAKFAST 10-15 MIN. BEFORE	<b>TERMO XTREME</b> 1 tablet <b>DIAMOND WHEY</b> 3 scoops in 200 ml of water or low-fat milk
DURING	<b>TERMO XTREME</b> 1 tablet
LUNCH 10 MIN. BEFORE	<b>TERMO XTREME</b> 1 tablet
DURING	<b>MULTIVITAMIN</b> 1 tablet
MID-AFTERNOON	<b>DIAMOND WHEY</b> 3 scoops in 200 ml of water or low-fat milk
TRAINING 15-20 MIN. AFTER	<b>i-PEP</b> 2 scoops in 200 ml of water or low-fat milk <b>SYNTHESY</b> 4 tablet <b>MIMIKER</b> 1 capsule
DINNER DURING	<b>MULTIVITAMIN</b> 1 tablet
BEFORE BEDTIME	<b>GL3</b> 1 sachet in 150 ml of water <b>ALKALIN</b> 1 sachet in 150 ml of water

# SUPPLEMENTATION PLANS



## BODY BUILDING

**OBJECTIVE: SIGNIFICANT  
INCREASE OF THE MASS**

### FOR 3 MONTHS

BREAKFAST 10 MIN. BEFORE	<b>CITROFOS*</b> 1 sachet in 150 ml of water	TRAINING DURING	<b>CARBO SPEED*</b> 2 scoops in 250 ml of water
DURING	<b>BALANCE</b> 2 scoops in 200 ml of water or low-fat milk <b>TRIBOSID***</b> 3 tablet <b>ZINCOR***</b> 1 capsule	15-20 MIN. AFTER	<b>CARBO SPEED*</b> 2 scoops in 250 ml of water <b>iPEP</b> or <b>DIAMOND WHEY</b> 2 scoops <b>FRIRAM</b> 5 tablet <b>MIMIKER</b> 1 capsule
LUNCH 10 MIN. BEFORE	<b>CITROFOS*</b> 1 sachet in 150 ml of water (only for 7 days)	DINNER DURING	<b>MULTIVITAMIN</b> 1 tablet <b>EFA BLU</b> 2 pearl <b>ZINCOR***</b> 1 capsule
DURING	<b>MULTIVITAMIN</b> 1 tablet <b>EFA BLU</b> 2 pearl <b>ZINCOR***</b> 1 capsule		
MID-AFTERNOON	<b>BALANCE</b> 2 scoops in 200 ml of water or low-fat milk	BEFORE BEDTIME	<b>GL3</b> 1 sachet in 150 ml of water <b>TRIBOSID***</b> 3 tablet

\* **CITROFOS** use it for cycles of 30 days, alternating with 30-day stop.

\*\* **CARBO SPEED** use it only if you need energy to train and there are no problems of overweight.

\*\*\* **ZINCOR** and **TRIBOSID** use it for cycles of 20 days, alternating with 10-day stop.

**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.

## 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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