



**SPECIAL TENNIS**  
**DIETARY SUPPLEMENTS**  
**MADE IN ITALY**

**SYFORM**

# TENNIS AND ENERGY

**TENNIS** is a sport characterized by the high plastic and energetic expenditure. Requires a continuous movement and causes a large fatigue from the effort of simultaneous upper and lower limbs. Among the most important qualities that distinguish the tennis player there are definitely a right relationship precision-power, alertness, the speed of movement and excellent resistance to effort. In the game, in addition to physical skills, is crucial the psychological component, concentration and determination represent the decisive victory.

The exercise in tennis is discontinuous; moments of high intensity, which generally last from 5 to 10 seconds, alternate moments of pause between one point and another, which can be of some seconds but also of 2-3 minutes, as is the case at the end of a game or a set. The duration of a match is extremely variable, in the most intense match you get to play 4-5 hours, what determines an energy expenditure difficult to predict.

Caloric consumption per hour in court is particularly pronounced and tends to grow exponentially with the increase of the pace of the game. During an exchange are required on average at least 3-4 shots very short and intense, every game determines movements in the order of kilometers.

It is estimated that the energy consumption is about 600/800 kcal for each hour of play for men, according to the weight and physical characteristics, for women consumption is slightly lower.

## TENNIS CALORIE CONSUMPTION

<b>WOMAN 55 KG</b>	440 kcal/h
<b>MAN 80 KG</b>	640 kcal/h



The production of energy in tennis is through an anaerobic-aerobic mixed system. The anaerobic component is used in the high intensity stages that require great explosion, like the service, the shots and lateral displacements, therefore very frequently during the match or training. In these circumstances, it is the system that ATP-phosphocreatine contributes mainly to supply energy. This mechanism does not produce lactic acid and is held for a very limited time. In this case the nutritional support and creatine supplementation is very important and vital. In the other phases of the game, the second system is the most used of anaerobic lactic acid, which produces lactic acid; while the aerobic system contributes only 20% of the total energy, contrary to what we might suppose. The aerobic system is unable to provide the necessary tennis power and is therefore used in a marginal way. Phosphocreatine and carbohydrates are therefore sources of energy for the tennis player.



Feeding has the aim to satisfy all energy requirements and metabolic organism. In tennis, the power must be particularly rich and accurate, due to the large expenditure of resources that occurs.

As a premise we can confirm the importance of a balanced diet in all major nutrients, giving particular emphasis to the introduction of carbohydrates and proteins.

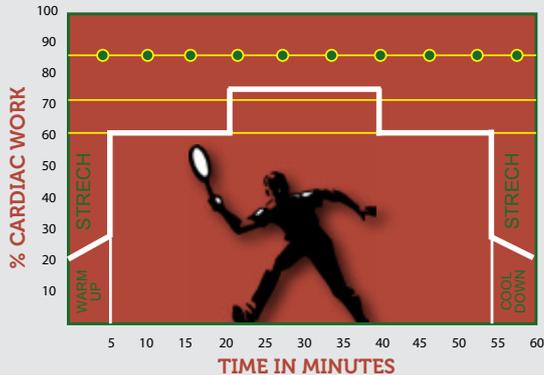
**Carbohydrates** are deposited in the muscle as glycogen; the supply is limited, it is essential that this share is regularly restored at the end of each session workout. The role of **proteins** is, however, essential from the plastic point of view and efficiency of the muscle. Take at least 3 lean protein meals a day (turkey, cod, sole, etc.) is essential for the tennis player.

The role of **fat** appears marginal during exercise; they are particularly useful to tennis player vegetable fats and Omega 3, found in fish; they have protective cardiovascular properties and inflammatory joint. Physical health and physical condition are related directly to what is assumed with the power supply, this is also reflected in the mental in achieving the fair level of concentration.

Tennis is a sport that requires good hydration; very much often tennis matches are held in open fields and during the warmer seasons the athlete is forced to fight against the heat and humidity. This causes a significant loss of fluids and minerals which is accompanied by a feeling of tiredness and a physical decline. If not compensated, dehydration can cause visual problems, increased heart rate, increased body temperature, muscle cramps and dizziness.

The ideal fluid for the tennis player is represented by a solution of water, sodium, potassium and simple sugars, such as glucose and fructose, with a concentration of not more than 5-7%. Higher concentrations can cause disturbances absorption. Pure water poor in electrolytes, mineral is entirely not recommended.

## 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%**

As you can see from the diagram, the variation of the exercise intensity also changes the type of energy source used. During one little effort supported (<60%) the energy substrate preference for the production of energy is represented by fats that are metabolized through the process of beta-oxidation.

At higher intensities there is a prevalence of carbohydrates. Feeding and integration must be targeted to the type of training to deal with. In tennis normally the effort is very intense for the duration of the match, then it has a main consumption carbohydrate. We recommend using a supplement carbohydrate assimilation medium-fast (REISPRINT) from often take small sips during exercise. 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.

This avoids the physical declines. During a training phase is better to use less intense complex carbohydrates slow assimilation, that ensure a steady supply and gradual energy than simple sugars (CARBO SPEED).

## PREVENTION AND NUTRITION

Tennis submits the physical to high stress; the muscle contractions are high, joints and tendons are subject to constant changes in direction. Also, playing outdoors with a high humidity favors fatigue and the onset of muscle cramps. One of the most common accidents in tennis is epicondylitis (tennis elbow), inflammation of the tendon on the outside of the elbow. It occurs following micro-traumas when the athlete strikes the ball with the racket. The movements of tennis often cause tendinitis also behind that, if left untreated, can lead to serious repercussions. In the lower limbs are affected mainly knees and ankles often subject to distortion.

To avoid injury is crucial for a good workout provide a proper muscle tone to support the effort. Before a match is important to carry out a complete heating involving key joints and prepare the effort all the muscle groups. Adequate hydration can be useful in the fight against athletic fatigue, supplementation of the minerals lost allows to maintain a good muscle contractility and fight the onset of cramps.

Next to this, nutrition has an indispensable role; if body not provided all the necessary components exercise occurring stressful situations that lead to weakening and lowering of performance. For this, the professional athletes consider the diet itself as an integral part of athletic training, it must be designed and modulated according to the unique needs of the player.

Among the most effective preventive factors of muscular traumas are the regular intake of protein rich in essential amino acids, creatine, essential fatty acids Omega 3, micronutrients antioxidants, vitamin D3, which seems to exert a real preventive action of microtrauma in the muscle.

The nourishments in the diet can be classified as follows:

a) **MACRONUTRIENTS:** required for the production of energy and for the growth of the organism. They are: carbohydrates, proteins and fats.

b) **MICRONUTRIENTS:** substances that are fundamental taken in less quantities, among these are identified vitamins, minerals and trace elements.

**Carbohydrates** are the key source of energy and should constitute the mainstay of the diet of the tennis player. Among the types of Carbohydrates are definitely preferable ones as complex the starch content in pasta, rice and potatoes. represents a source of energy available in the long term as they accumulates as a store of glycogen in the muscles and liver, determines a steady release of sugars in the time guaranteeing a certain stable blood glucose. Simple sugars are contained in foods sweets or honey and fruits, are sources of immediate energy. Their consumption must be limited in athletes, in particular in the phase that follows the effort and in cases of extreme necessity; produce a burst of energy that is exhausted in a short time, producing resulting in a feeling of fatigue.



**Proteins** have a function plastic structural essential, are involved in many processes in particular for the biological processes of synthesis and growth of muscle tissue. In tennis player is very important maintain good muscle tone, which ensures the explosion in technical gestures and a good speed of movement. For this protein requirement should be particularly cured with the diet; on average for the tennis player protein requirement optimal amounts on a daily amount of about 1.5 -2.0 g protein / kg. For a player of 85 kg corresponds to a minimum of about 130 g per day.

Proteins are not all equal. In the synthesis process of the fibers muscle proteins are to be favored noble animal, that is the richest in essential amino acids, among which branched chain amino acids. Animal proteins (meat, fish, eggs, cheese) have a higher nutritional quality compared to those vegetable for their high content of essential amino acids. The availability of glutamine can be very useful in discipline of the court, for its effective action on the recovery.

Among the macronutrients **lipids** also exert an important energy function. Their intake should be controlled carefully by the tennis player in order to control the percentage of fat mass. Should be avoided as much as possible for this fat animal-derived content especially in fatty meats, in butter and in many packaged products. Fats short-chain polyunsaturated are preferred (Omega 3 and Omega 6) contained in fish, in oils and oleaginous fruits. Among them we remember EPA and DHA, which can play an effective "anti-inflammatory" natural, useful for joints, to maintain an optimal fluidity circulatory and ensure efficient nerve transmission. Protecting the system osteoarticular, contrast accidents and facilitate recovery. In this direction is very interesting their association with vitamin D3

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

# TENNIS AND CONCENTRATION

The mental aspect of tennis has a primary meaning and a game can be configured as a duel both physical and mental. The quality technical and athletic performance are not always sufficient, especially if you are playing against opponents experts. It is therefore essential during the game and identify leverage the weaknesses of the opponent. Tennis is considered among sports with more psychological stress for several reasons:

- It is an individual sport; the tension of the match is lived individually and can not be shared with classmates
- There will be a draw as a possible result, it is necessary defeat the direct opponent
- In single tennis is not referred to the figure of the coach; During the game the player must make their own to develop the tactics and find the right motivation
- There's no set a maximum duration for a match or the possibility to request time-out, a game can last several hours and can be interrupted indefinitely as in the case of rain. The game rules also impose a large temporal fragmentation due to long pauses, that unless managed well can lead to loss of concentration
- The result in the court can be challenged until the last point, then this gives the opportunity to the opponent always reassembling and maintains a level of very high pressure up to end of the match.

# SUPPLEMENTATION

The basic advice is to rehydrate constantly during exercise, preferably using a sugars and mineral salts supplement in solution (REISPRINT4-5%). SMARTY is optimal to give the right energy agonistic and concentration, MAGNESIO3 promotes the energy production and helps to delay the onset of cramps. GL3® contains three molecular forms of glutamine, an essential amino acid in the stimulation of the nerve cells.

The competitions in tennis tournaments often consist of lasting several days where you will find many games in times quite narrow, so it is difficult to predict the start of the match and the duration. This makes it more complicated accelerate recovery and not allows you to develop a nutritional strategy. Very often the difference between defeat and success in tournaments is given by athlete's ability to be able to maintain as long as possible the best physical and mental shape. For this, it is crucial immediately after the match (15-20 minutes) reintegrate proteins and carbohydrates. I-PEP or DIAMOND WHEY with CARBO SPEED supplements are suitable for the purpose. Moreover during the agonistic season every athlete undergoes periods physical decline, during which it would be of great help to increase the intake of important nutrients such as vitamins, trace elements and antioxidants to counteract fatigue, maintain efficient metabolic processes. Nutritional supplements offer full mix of these substances, ensuring high dosages, hard to reach only with nutrition.



Dietary supplements contain important components for the athlete's diet, they are prepared at high purity and concentration, similar in very short time and can be also used in the middle of the year. Rebalance quickly losses to which the body is subjected during the effort and not restore normal function. Targeted integration can be very effective in improving athletic performance.

It helps to enhance muscle mass, improve the explosiveness of movements, in increasing resistance to the exercise. Supplements food are composed primarily of active ingredients entirely natural and physiological, that the body recognizes as valuable for their needs; should not be confused with the products pharmaceutical nor even with doping substances. So that they are effective, they must be chosen scrupulous and conscious. It is appropriate in this case to rely on competent professionals and specialized. Supplements, in fact, if used properly and customized according to individual needs, together with the will, spirit of sacrifice and hard training, is an excellent resource to support the performance.

## SYFORM SUPPLEMENTS

Syform nutrient supplements guarantee high quality, are specially formulated to maximize performance during training and the race. The tennis player can choose one of our products to suit his needs; the line of supplements is complete and functional. The products Syform for the sport can be classified into categories, according to the scheme shown below. Contact our experts, through the website, or ask via email more information.

## 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

### MILK PROTEIN - GLUTAMINA, CREATINE, VITAMINS AND MINERALS

Nutritious and balanced, provides a balanced protein-energy due to the presence of complex carbohydrates with low glycemic index, milk proteins (protein content 37%) and a pool full of vitamins and minerals. It also contains essential ingredients proenergetici and tonics such as muscle 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

**Creatine citrate Creapure®** and amino acids in single-dose packets. It's a high dose formulation of active ingredients of particular value, to speed recovery, helping to restore the explosive energy as phosphocreatine, 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.

SYFORM

# ENERGY & ENDURANCE



Vitargo®

## 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 maltodextrin from corn de 10, complex carbohydrates able to constantly replenish the muscles of glucose. Contains no aroma. Ideal for training and competition.



## 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.



## 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. 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 PROMOTES ENERGY FROM FAT

Supplement carnitine and acetyl-carnitine. Has a tonic and energetic action. Allows a greater use of fat, save muscle glycogen, facilitates the performance of aerobic exercise.



## RECOVERY

Products belonging to this section are specific to allow the athlete to overcome the most difficult moments of the season, in which regularly occurs a significant decrease in performance, you get sick easily, do not push your legs and short of breath. 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

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

### COUNTERACT LACTIC ACID

Favors the increase of carnosine, a substance that counteracts the excessive muscular acidosis and accumulation of free radicals. Nolattico is ideal in the working phase laticido, to facilitate the recovery and to support very intense efforts.

## SPECIFIC SUPPLEMENTATION



### 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.



### 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 absorption of iron, together with pyrophosphate iron **Sunactive®**, Vitamin C, B12 and folic acid.



### 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 disntossicante action and is very effective to support the immune system, particularly weakened by an intense workout.



### ALKALIN COUNTERACT THE LACTIC ACID

It restores the reserves of alkalizing minerals, neutralizes the excessive acidosis and recovers an optimum physical efficiency. Alkalin 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**.



### MAGNESIO 3 MAGNESIUM HIGHLY ASSIMILABLE

Magnesio 3 is a supplement of magnesium in three molecular forms highly assimilable organic: pidolate, pyruvate and citrate. Magnesium is an essential mineral for the health of our body: it is an essential regulator of the control of cell membrane excitability.

## SUPPLEMENTATION PLANS



### TENNIS

#### PRE-COMPETITIVE SEASON

The return to training has a crucial role in successfully recover the optimal condition after the period of pause. Moreover, it is useful to improve the deficiencies found during the previous season. For this the training that the athlete submit doesn't involve too much the phase of the game, but rather is aimed in recovering of muscle tone and healthy weight. The feeding will be based on a balanced diet rich in structural nutrients, vitamins and minerals.

#### NUTRITIONAL PREPARATION FOR 2 MONTHS

BREAKFAST OR SNACK	<b>BALANCE</b> or <b>NUTRISOY</b> 2 scoops in 200 ml of water
DURING TRAINING	<b>REISPRINT</b> 1 scoop every hour of training
AFTER TRAINING	<b>FRIRAM</b> 5 tablet
BEFORE BEDTIME	<b>WORKOUT</b> 1 sachet



### TENNIS

#### COMPETITIVE SEASON

The energy of the athlete during the season must be handled between the training sessions and competitions. The feeding and dietary supplementation in this stage have a vital role to supply body all the most important nutrients and to speed recovery after effort. For this reason the volleyball player should pay special care to the nutritional aspect and psychophysical peculiarities.

#### 2 HOURS TRAINING

40 MIN. BEFORE	<b>CARBO SPEED</b> or <b>MALTO+</b> 2 scoops in 300 ml of water <b>CITROGEN</b> 1 sachet
DURING	<b>REISPRINT</b> 1 scoop per hour in 500 ml of water
15 MIN. AFTER	<b>MUSCLE MASS</b> 2 scoops in 200 ml of water <b>FRIRAM</b> 5 tablet

## SUPPLEMENTATION PLANS



### TENNIS 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

40 MIN. BEFORE

##### **SMARTY FIALE**

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

20 MIN BEFORE

##### **MALTO+ GEL**

1 single-dose with 300 ml of water

DURING

##### **REISPRINT\***

1 sachet or 1 scoop in 500-600 ml  
of water per hour

AFTER 1 HOUR OF MATCH

**FINAL RACE GEL** 1 single-dose

20 MIN. AFTER

##### **REISPRINT**

1,5 scoop in 500 ml of water

#### \* Alternative **COMPETITION**

1 sachet or 2.5 scoops per liter of water to sip regularly during the match



## 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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