



Cristian Buccioli

**SPECIAL TRIATHLON**  
**DIETARY SUPPLEMENTS**  
**MADE IN ITALY**

**SYFORM**

# TRIATHLON AND NUTRITION

**TRIATHLON** is an *élite* sport, for its multidisciplinary and the great physical and time effort, which requires special virtues of organization and management rigor. Three disciplines in one lead to particular mechanisms of physiological, muscular, nervous, metabolic and energy adaptation.

All athletes who practice sports at a competitive level are now aware of the importance of proper nutrition and supplementation for the physical efficiency and the performance. Triathlon is a sport that consists of different types of competition.

DISTANCE IN M	Swimming	Cycling	Running
<b>Sprint</b>	750	20.000	5.000
<b>Medium</b>	1.900	90.000	21.000
<b>Long</b>	4.000	120.000	30.000
<b>Olympico</b>	1.500	40.000	10.000

By observing the distances we can easily apprehend that, depending on the type, the type of training and its energy consumption change very significantly. The energy requirement for the three disciplines of triathlon is as follows:

Swimming 500-700 kcal/h  
Cycling 300-400 kcal/h  
Running 700-900 kcal/h

It must absolutely be taken into account that, even if progressively, the workout allows to reduce these values, improving the physical condition. For example, the sweating progressively decreases with the workout.



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 nutrition provides the body with the various macro and micronutrients, which are essential to ensure a proper balance of all the different mechanisms that contribute to a perfect physical condition.

Among the **macronutrients** there are carbohydrate, fats and protein; among the **micronutrients** vitamins, minerals, trace elements and antioxidant factors, which balanced intake is not always easy and obvious.

During a triathlon race the athlete consumes about 2500-3000 kcal, and compensating for this energy expenditure requires extreme care and awareness in the race and during the training.

Among athletes the habit of eating high-energy foods is very popular, especially carbohydrate (pasta, rice, bread, jam, sweets) to the detriment of protein, trace elements and antioxidant factors.

This often leads to an unbalanced diet, which can cause physical difficulties, fluctuating performance, low recovery capability, recurrent infections and/or physical trauma.

Practicing endurance sports, among which triathlon is the sport of excellence, the body primarily uses its reserves of glycogen and lipids, while protein contribute only partly to the energy needs during exercise, especially in the long. Anyway this does not mean having to underestimate the vital importance of protein in the diet.

During the training period, the intake of a proper **protein** requirement ensures a rapid muscle recovery, good tone and elasticity, maintains efficient the nervous and immune system, and helps to neutralize significantly the high metabolic stress.

Equally important is the intake of a good amount of **liquids, minerals, trace elements** and **antioxidants**, factors that contribute in an essential way to the transformation of carbohydrate, fats and protein into energy. Heavy losses in sweat can damage health and cause serious dehydration, until the collapse.



## ROS (reactive oxygen species)

The endurance sports, for the high metabolic cell commitment, generate a large amount of free radicals in the oxygen: **ROS** (reactive oxygen species). They are particularly aggressive with cellular structures, which can suffer serious damages, even irreparable, compromising the health. The organism has several defense mechanisms - particularly vitamins C, E, Beta-carotene, selenium and the glutathione system - that are able to neutralize them.

Therefore, within the diet the triathlete should strictly take 5 daily servings of fruit and vegetable, varying them according to the season and group color (red, yellow, green fruit and vegetable), and eventually integrate these important micronutrients on a regular basis, using specific supplements.

The antioxidant activity of a substance is measured by ORAC units/g. Among the most effective known antioxidants there are the **resveratrol**, extracted from peel and seeds of grapes and red wine, the **quercetin**, contained in onion, cranberries, apple, the **EGCG** (epigallocatechin gallate) from green tea, phytochemicals and tocotrienols from oil palm tree. Resveratrol also seems to be able to interact with the SIRT genes of longevity.



## MACRONUTRIENTS

**Carbohydrate** or **carbs** have mainly an energy function in our organism. They are divided into **simple** carbohydrate - the best known are glucose, fructose (contained in honey and fruit) and sucrose or table sugar - and **complex** carbohydrate, contained in starchy foods such as pasta, rice, potatoes and cereals. Simple carbohydrate are absorbed quickly, they deliver energy just as quickly, although of short duration, and they can quickly turn into fat if taken in excess. Complex carbohydrate, on the other hand, deliver energy in a slow and prolonged way. Once in the bloodstream, carbohydrate are readily used as energy source or stored in the muscle and liver as glycogen. For the triathlete, a proper intake of carbohydrate is vital to face both the practice and the race.

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.

**Fats** are important constituents of the cell structure and also play a not insignificant role, from the energy point of view; in particular short-chain fats, contained in oils and oleaginous fruits, are quickly used by muscle during exercise, at medium intensities. Some of them, the **Omega 3** and **Omega 6 essential fatty acids**, should be taken compulsorily in the diet to maintain a healthy cardiovascular system and protect the osteoarticular system, particularly stressed in the triathlete, that is often victim of chronic inflammatory processes.

**Protein** are the most important organic constituent, have a plastic and structural rather than energy role.

Their correct contribution is vital to maintain efficient not only the muscles, but also the endocrine, nervous and immune systems.

The diet of a competitive athlete should never miss a food serving of noble protein (meat, fish, eggs, cheese, salted and dried beef, ham, about 30 g, 3-5 times a day. An insufficient protein intake results in immediate loss of performance, mass and muscle tone, recurrent infections, difficulty in training.

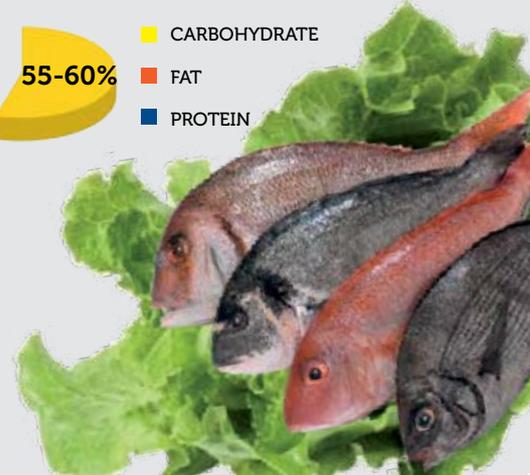
Determine the exact protein requirement is not simple and requires several subjective valuations.

By convention, we can establish that the **protein requirement of a triathlete** can vary from a minimum of 1.5-1.8 g protein per kg of bodyweight per day.

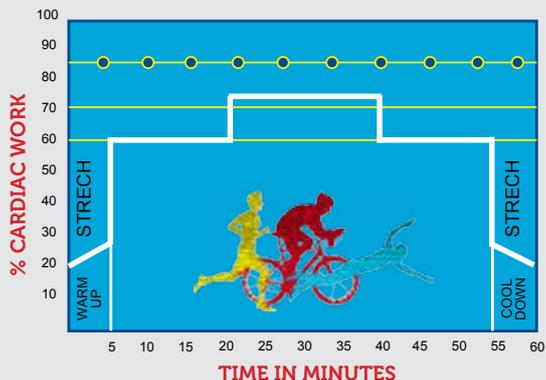
A balanced diet for a triathlete provides substantial adherence to current guidelines for the general population with regard to the allocation percentages of the total daily energy in the various macronutrients: **carbohydrate** 55-65% (of which 80% simple glycidic and 20% of complex glycidic); **protein** 15% - 65% corresponding to a daily intake of 1.5 - 2.0 g protein / kg of ideal body weight; **lipids** 25-30%, equally divided into saturated fatty acids, mono and polyunsaturated fats.

Several studies confirm that a balanced diet, extended over a long period and on a daily basis, is able to create physiological modifications that are highly positive for the athlete, in particular for the increase of strength and muscle mass. Similarly, the improvement of the training capacity significantly reduces traumas.

### 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 and 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.

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, while during a moderate workload a supplement based on sugars at a slow speed (CARBO SPEED). 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.

## NUTRITIONAL TIPS FOR THE TRIATHLETE

1. Do not exceed in the caloric intake, controlling the body fat percentage, avoiding the increase of fat deposits. The amount of calories to be taken is individual and related to variable factors such as the physique, age, sex, metabolism. The caloric requirement of women, in particular, is about 20% less than that of men.
2. Divide your daily calorie intake into more meals (4-6). This approach improves the availability of nutrients and reduces the digestive overload.
3. Close to the trainings you should avoid taking a full meal, especially protein foods; it is rather recommended to eat foods made from complex carbohydrate (2-3 hours before), preferring the protein intake in the post workout.
4. After an intense sport activity, as well as restoring the plastic and energy reserves as soon as possible, it is necessary to favour the elimination of the toxins accumulated with the effort and to replenish water and minerals.
5. Vary as much as possible fruit and vegetable, taking up to 5 servings daily; if possible, fruit between meals.
6. Take a food serving with 25 g of protein at least 3-5 times a day.



## WHY SUPPLEMENTS?

Physical activity and frequent workouts involve high consumption of sugars, water and minerals and an increase in oxidative stress resulting in the production of free radicals. We said that triathlon is a sport at a high plastic-energy consumption, that proper nutrition is normally able to meet. 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. 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 athlete 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. Runners should pay close attention to nutrition and supplementation. We need to give due importance to the energy nutrients such as those specific to muscle mass, vitamin minerals, antioxidants and detoxicants in relation to the seasonal commitments.

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.



### MUSCLE MASS

#### MILK PROTEIN - GLUTAMIN, CREATINE, VITAMINS AND 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.



### CITROFOS

#### ENERGY AND POWER EXPLOSION

Supplement of **citrate creatine Creapure®** in single-dose sachet, the most soluble, assimilable and effective for the triathlete. 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**, 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 - HMB

#### PROMOTES MUSCLE TROPHISM

Supplement HMB and KIC, two substances that come from the metabolism of branched chain amino acid; they play an important role in promoting muscle protein synthesis after a very intense workout. Ideal in case of weight loss, poor recovery capability, and to strengthen the muscle mass.

## ENERGY & ENDURANCE



Vitargo®

### **CARBO SPEED** VITARGO® INNOVATIVE 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.



### **MALTO+** PROLONGED ENERGY

Energy supplement based on corn maltodextrin d.e. 10, complex carbohydrate able to constantly supply the muscles of glucose. It contains no aroma. 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.



### **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.



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

Single-dose energy gel, indicated for the periods of particular intense training. It reduces fatigue, favours a rapid recovery of the explosive capacity in the final phase of the exercise. It contains 3 g of **fructose 1-6 di-phosphate**, acetylcarbitine, beta-alanine, magnesium.



### **MALTO+ gel** VERY PURE MALTODEXTRIN IN GEL

Energy drink based on pure maltodextrin, at D.E.19 (dextrose equivalence), for a short, medium and long-term energetic response. It promotes a rapid gastric emptying and has a slightly marked aroma, ideal for the runner during training and competition, to be taken with some sips of water.



## **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 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. Its best quality is the very high digestibility.



## **RECOVERY**

Products belonging to this section are specific to allow the athlete 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**

Concentrate 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 that favours the muscle plastic recovery after a prolonged exercise. It is also detoxifying and very effective in supporting the immune system, particularly weakened by an intense workout.

## 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.



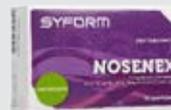
### **MGK** **MAGNESIUM AND POTASSIUM**

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. 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**.



### **NOLATTICO** **COUNTERACTS THE LACTIC**

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.

# SUPPLEMENTATION PLANS



## TRIATHLON

### PRE-COMPETITIVE PREPARATION

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 recovering a good muscle tone and the ideal weight. The athlete should follow a balanced and varied diet, rich in structural nutrients, vitamins and minerals.

### PREPARATION FOR 2 MONTHS

SNACK	<b>MUSCLE MASS</b> 3 scoops in 300 ml of water
20 MIN. AFTER INTENSE TRAINING SESSION	<b>SYNTHESY</b> 4 tablets <b>MUSCLE MASS</b> 3 scoops in 300 ml of water
20 MIN AFTER LIGHT TRAINING SESSION	<b>CARBO SPEED</b> or <b>MALTO+</b> 30 g in 500 ml of water

### MUSCLE STRENGTHENING

SNACK	<b>BALANCE</b> 30 g in 300 ml of water
MORNING BETWEEN MEALS	<b>CITROFOS</b> 1 sachet in 200 ml of water
30 MIN. AFTER TRAINING	<b>SYNTHESY</b> 4 tablets <b>BALANCE</b> 30 g in 300 ml of water

## TRAINING

### 1 HOUR

AFTER TRAINING	<b>CARBO SPEED</b> or <b>MALTO+</b> 2 scoops in 300 ml of water
----------------	--

### 2 OR MORE NON CONSECUTIVE HOURS

AFTER EACH TRAINING	<b>CARBO SPEED, MALTO+</b> 2 scoops in 300 ml of water
---------------------	---

### 2 HOURS CONSECUTIVE

DURING TRAINING	<b>COMPETITION</b> 50 g in 500-700 ml of water sip it at regular intervals
30 MIN. AFTER TRAINING	<b>MUSCLE MASS</b> 3 scoops in 300 ml of water

### 3 OR MORE CONSECUTIVE HOURS

DURING	<b>COMPETITION</b> 50 g in 500-700 ml of water sip it at regular intervals
	<b>SYBAR ENERGY FRUIT</b> 1 bar or more
20 MIN. AFTER TRAINING	<b>MUSCLE MASS</b> 3 scoops in 300 ml of water

## RECOVERY

BEFORE BEDTIME	<b>GL3 + ALKALIN</b> 1 sachet of both in 300 ml of water
----------------	---

# SUPPLEMENTATION PLANS



## TRIATHLON RACE

The proposed integration we point out here that have to be customized for the period of training, as follows each athlete's diet and has a specific mental and physical characteristics and needs.

### SPRINT and OLYMPIC

40 MIN. BEFORE	<b>SMARTY FIALE</b> 1 single-dose <b>NOLATTICO*</b> 2 scoops in 50 ml of water
20 MIN. BEFORE	<b>FINAL RACE GEL</b> 1 single-dose with 200 ml of water
DURING CYCLING sip regularly	<b>REISPRINT</b> 30 g in 500 ml of water
DURING RUNNING	<b>MALTO+ GEL</b> o <b>CARBO SPEED</b> 1 single-dose with 200 ml of water 30 g in 500 ml of water

\*in case of athletes predisposed to lactic acid accumulation in the muscles.

### MEDIUM and LONG

40 MIN. BEFORE	<b>SMARTY VIAL</b> 1 single-dose <b>MALTO+ GEL</b> 1 single-dose with 200 ml of water <b>NOLATTICO*</b> 2 scoops in 50 ml of water
DURING CYCLING sip regularly	<b>COMPETITION</b> 30 g in 500 ml of water <b>SYBAR ENERGY</b> 1 bar or more
IN ALTERNATIVE	<b>CARBO SPEED - REISPRINT</b> 30 g in 500 ml of water <b>FRIRAM</b> 5 tablet
TOWARD THE FINAL	<b>FINAL RACE GEL</b> 1 single-dose
DURING RUNNING	<b>MALTO+ GEL</b> or <b>CARBO SPEED</b> 1 single-dose with 200 ml of water or 30 g in 500 ml of water

#### NOTE

- If **COMPETITION**, containing aroma and being a complex formula, creates gastrointestinal problems, you should ensure the supply of energy by **CARBO SPEED** and **MALTO+**, in a dose of 30 g/hour, associating with **FRIRAM** or a single-dose gel.
- During summer take **MGK**, 2 tablet 1 hour before the race.

# SUPPLEMENTATION PLANS



## SPECIFIC SUPPLEMENTATION

*to customize according to the specific individual situations*

PHYSICAL DISORDER	RECCOMENDED PRODUCT
LACTIC ACID	<b>NOLATTICO</b> 1-2 scoops daily for 7 days, before meals
IRON DEFICIENCY	<b>EMAFOL</b> 1 capsule, 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**

## 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.

### SYFORM CONSULTANTS

**DR. SSA SARA FABRIS** - Spilimbergo (Ud)  
Dietetics Degree. Specialization in phytotherapy.  
Former competitive swimmer, nationwide.  
sarafabris@hotmail.it

**DR. ANDREA RIZZO** - Genova  
Physical Education Degree. Personal trainer and professional athletic trainer.  
Expert in advanced dietary supplementation.  
info@scientific-training.com

**DR. SSA BEATRICE DAL DEGAN** - Treviso  
Scientific Information Drug Degree,  
she attends the Faculty of Biology of Nutrition.  
Ex competitive swimmer.  
specialist@syform.com

**DR. GIORGIO TAVAGNA** - Vicenza  
Dietetics Degree.  
Sport nutritionist and consultant for dietary supplementation. Triathlete.  
tavagnagiorgio@gmail.com



**NEW SYFORM s.r.l.**

**Piavon di Oderzo (TV) - Tel. +39.0422.752922 - Fax +39.0422.753819**

**[www.syform.com](http://www.syform.com)**