



SPECIAL VOLLEY
DIETARY SUPPLEMENTS
MADE IN ITALY

SYFORM

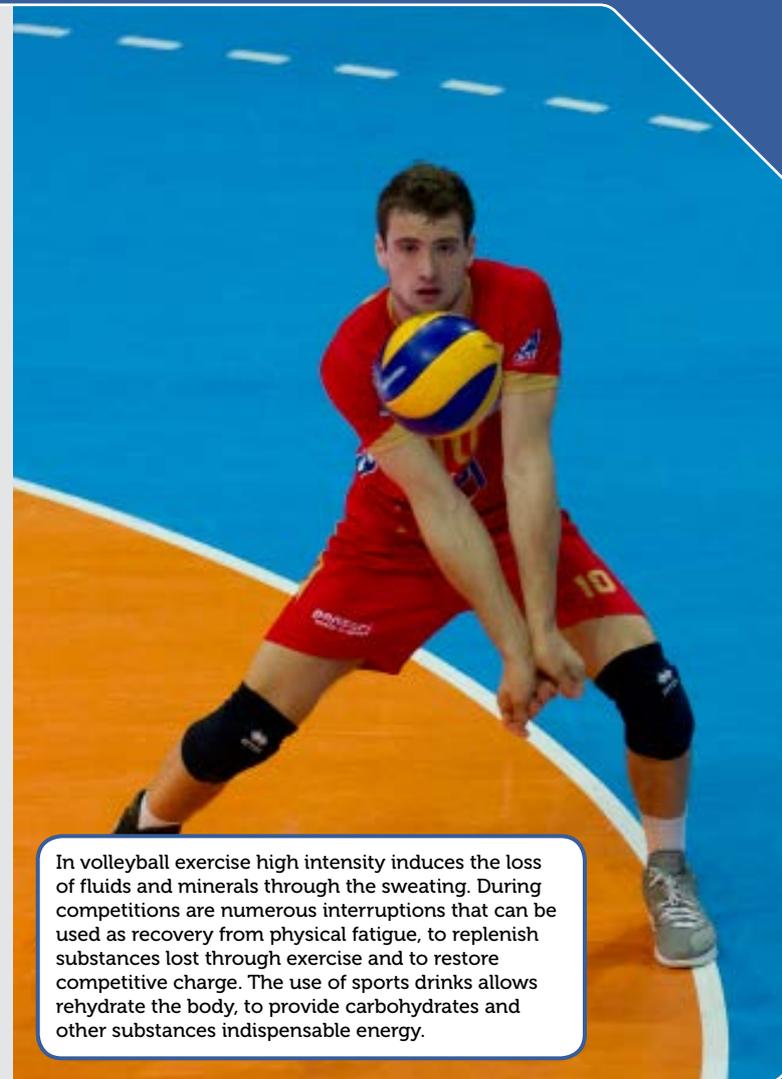
VOLLEYBALL AND ENERGY

VOLLEYBALL is a team sport that requires great strength explosive, elevation, speed and accuracy. The volley is characterized by a lower average energy expenditure to other team sports such as football and basketball. However competitions can last several hours and tournaments are scheduled in consecutive days. That determines in athletes a major consumption of energy. There are two versions of the most practiced volleyball:

- **VOLLEY INDOOR:** this sport is played indoors within arenas. Each of the 2 teams is composed of 6 players and is played to the best of 5 set.
- **BEACH VOLLEY:** is characterized by teams of only two players and is played on outdoor courts on the sand. the winning team is the one who win for the first 2 sets.

Volleyball is a sport cross, practiced by both professionals who train more than 30 hours a week, either by amateur athletes who play occasionally. Each type of athlete needs proper athletic training and a healthy lifestyle to achieve the ideal body shape. For this is important to optimize, in addition to training, also the power supply and integration. The volleyball practice in warm places causes a great loss of fluids and a large caloric expenditure that must be compensated through a balanced diet.

The main energy substrates are represented by dietary carbohydrates that are used from the muscle during the effort for the production of energy. The proteins have a function more structural, support muscle growth and are responsible for the physical well-being through their regulatory activity and their active role in the immune system. Other nutrients, such as minerals, vitamins and antioxidants are essential for the correct organism functionality and the metabolic activity; also help in preventing cramps and injuries.



In volleyball exercise high intensity induces the loss of fluids and minerals through the sweating. During competitions are numerous interruptions that can be used as recovery from physical fatigue, to replenish substances lost through exercise and to restore competitive charge. The use of sports drinks allows rehydrate the body, to provide carbohydrates and other substances indispensable energy.

In volleyball physical power and speed of the game have a key role. The service speed and attack and the ability to jump to wall is often crucial to the victory and over the years become increasingly exploited by coaches for break up opposing defenses. In making these, the fundamental volleyball player unleashes its explosive force, thanks to a intense muscle contraction which also determines a peak of energy consumption of ATP. In these moments of great intensity there is an activation of anaerobic metabolism for the production of the metabolic energy required.

The anaerobic system uses stocks of sugar and phosphocreatine present in the tissue muscle; to meet these demands in the organism are present some carbohydrate stores in the form of glycogen in the muscle cells and liver. These deposits are not very consistent and tend to run out quickly. It is estimated that the total amount of glycogen available is about 400-600 g.

The volleyball players make great use of the anaerobic energy system, that takes place in the absence of oxygen; However, in moments of recovery even the aerobic component plays an important role. Aerobic metabolism makes use of oxygen for the oxidation of energy substrates, is not able to release energy as fast as the anaerobic system allows but resist to physical efforts that go on for long periods. This is because it produces energy in a more constant way and combats the accumulation of lactic acid in the muscle tissue.

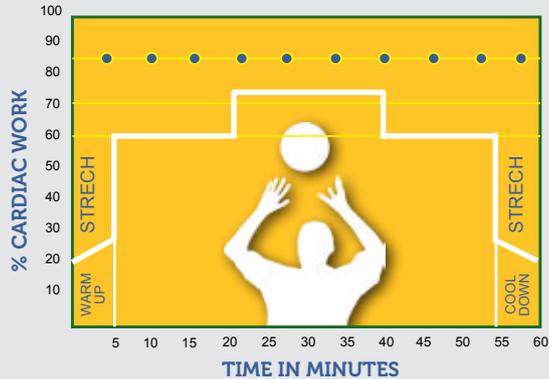
Volleyball, like other team sports, is then considered alternating anaerobic and aerobic activity. The peculiarity of the volleyball compared to other sports is that the two energy systems are regularly alternated during the competition for this pattern is defined as a sport at intervals. A moments highly competitive intensity that can last a few second successive 20-30 second pause between action and the next that allow the activation of the aerobic system. Calorie consumption in volleyball at high intensity can vary from 300 to 500 kcal / hour depending on the weight and physical conditions of the athlete. In beach volleyball the expenditure is higher of the order of 400-600 kcal / hour.

SPECIALTY	CALORIC CONSUMPTION
VOLLEY INDOOR	300-500 kcal/h
BEACH VOLLEY	400-600 kcal/h

The athleticism of volleyball player is closely linked to the role in the playground. Although it is still secondary to the tecnic capacity, it becomes more important rises the level of play. The Central player, which is involved almost exclusively in offensive actions and in the wall, usually has great ability in jumping from standstill and a good opening behind the wall to make the most effective possible. The wings players are equipped with great agility and rapidity joined by a good resistance to perform together both the attack and the defense phase. The physicist's volleyball appears generally very developed in height with a lean mass jump.



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 100%

Varying the intensity of effort, it activates a different energy system. For intensity below 60%, the energy is supplied mainly from fat and sugar, while during high efforts carbohydrates represent the most important energy source. For this depending on the type of exercise as a result change also the supply and integration of the athlete.

In volleyball, where anaerobic activity has a central importance, there's a large carbohydrate consumption. We recommend using a supplement containing carbohydrate with medium-fast assimilation (REISPRINT or X-PLOSIV) often to be taken in small sips during exercise. The drink must be prepared with a concentration not exceeding 6% (30 g of powder in 500 ml) to maximize the rate of absorption of sugars. This allows to avoid the physical declines throughout the duration of the match. During a training phase less intense it is better to use complex carbohydrates slow assimilation, that ensure a steady supply and gradual energy than simple sugars (CARBO SPEED).

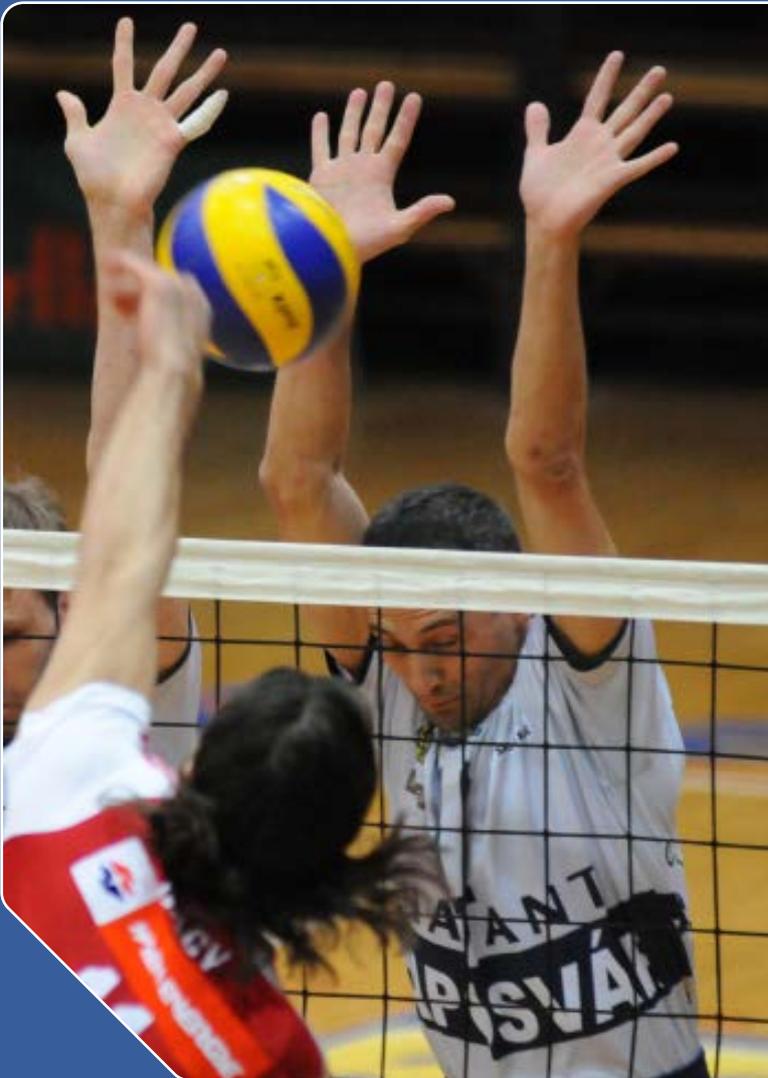
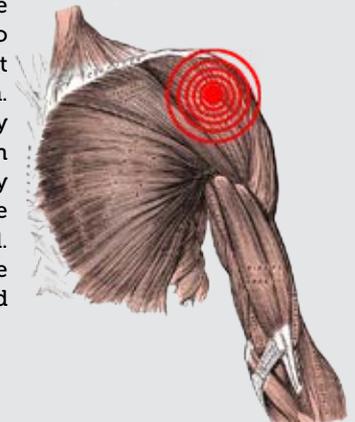


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PREVENTION AND NUTRITION

Volleyball has an average incidence of accidents, it is higher than in individual sports where athletes found only physical damage from stress, but lower than in team sports like football and hockey where they are most frequent damage caused by violent contact. Accidents involving every year about 6% of the players of any age. Half of the accidents occur in the game; there is therefore a higher probability of physical accidents during moments of higher competitive tension. Most injuries in volleyball involve the lower limbs, the areas most affected are the knees and ankles, the most stressed components in the jump. Among the types of accidents are very frequent distortions joint and muscle strains. The upper limbs more involved by injuries are the arms, shoulders, wrists and hands. The upper limbs than the lower ones are more susceptible to bone fractures. A good athletic training and constant training are necessary prerogatives to decrease the incidence of accidents. Besides these factors, the power and integration play a central role. A balanced intake of all components food necessary permits to fight fatigue and physical muscle weakness.

If the body contains all the substances it needs it is able to improve the resistance to effort and maintain high concentration. Injuries, in fact, occur frequently in the final parts of a competition when the body is most affected by exhaustion and the attention of the athlete and his reflexes are reduced. In these situations occurs more frequently violent contacts and subsidence muscles.



In tournaments that include daily multiple games, the recovery ability is the key decisive between victory and defeat. Feeding provides all the nutrients necessary to maintain in balance the body and provide the perfect shape. 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 staple food of a volleyball player's diet, calorie needs grows upon exercise and the main energy source of the body is made from carbohydrates. Complex sugars are preferred like pasta, rice and grains than the simple sugars contained particularly desserts. The simple sugar consumption must be limited in athletes, although they provide fast energy, this - if not is consumed by the body - quickly turns into fat. The dietary carbohydrates are used for the synthesis of glycogen in liver cells and skeletal muscle. Low carb diets are not recommended for volleyball players because they can cause, especially at the beginning, a big drop in performance and worsen the recovery capacity.

Protein is the main organic component of the body and possess a crucial role in any biological process. The dietary proteins play an important meaning in sports for the growth of muscle mass, protein intake provides adequate metabolism all amino acids necessary for the synthesis of muscle fibers. The proteins also are used for the reconstruction of damaged cellular components during effort, facilitating the recovery at the end of the exercise.

Protein requirements in volleyball: between 1.2 and 1.7 g/kg daily.

This value varies according to the physiological characteristics of the athlete and based on the intensity of the workouts. We recommend take a greater amount of high organic value proteins such as those of animal origin (meat, fish, eggs, milk) than vegetables (legumes, soybeans). Animal proteins have a higher content of essential amino acids, including branched. For this, they are more effective in the processes of synthesis.

Between the macronutrients **lipids** also exercise an important energetic function, but their intake should be closely controlled by the athlete in order to maintain low the low fat mass. Should be avoided for this as much as possible animal fats especially in fatty meats, in butter and in many packaged products. Animal polyunsaturated fats are preferred, particularly that rich in short-chain fatty acids (Omega 3 and Omega 6) contained in bluefish, and vegetable, present in oils and oleaginous fruits. In addition to representing a useful source of energy, they maintain a healthy nervous system, cardiovascular and protect the osteoarticular system, counteracting accidents and promoting recovery.

We believe we can suggest a daily intake of at 1g Omega 3 fatty acids such as EPA and DHA. A balanced diet for a volleyball player provides a breakdown of the total daily caloric portion balanced between carbs, protidi and lipids. The carbs must have at least 50% of the total requirement, with a contribution of 80% of complex carbohydrates and only 20% simple sugars. Proteins must provide 15% of the caloric share, this corresponds to an average of 1.2 to 1.7 g per Kg of body weight daily. Lipids are to contribute to a 25-30% better if half of them come from sources such as oils vegetables, nuts, almonds and other seeds.



WHY SUPPLEMENTS?

The power supply is not always able to fully meet the needs of the volleyball player. The high level competition require a great deal of energy and a large consumption of sugar, water and minerals. The competitive season in volleyball lasts for several months and in athletes is inevitable attend dips athletic condition. For this, in case of frequent workouts would be necessary to increase the amount in the diet of essential components such as vitamins, amino acids and antioxidants. They are very concentrated in foods and, in order to reach the ideal dosage, you should assume in abundance. However, taking large amounts of food leads to a weighting of the digestive system and can cause adverse effects during training and competition. Also it is not always possible to program sufficient intervals between meals and exercise, but you have to provide sufficient power to allow the body to better support the muscle efforts.

The natural food supplements contain many vital components for the athlete's diet. They are prepared with high purity and concentration. To this are similar in very short time and can be used even in the middle exercise. Rebalance the losses to which the body is subjected during the effort and not restore normal function. Targeted integration can elevate the performance of an athlete, especially in stimulating the enhancement of muscle mass, in promoting energy production and increasing resistance to fatigue. Dietary supplements are not pharmaceuticals or performance-enhancing drugs. In order to be effective, they must be chosen so intelligent and meets the needs of the athlete. Their intake should be associated with strong will, hard training and sacrifice, the basic ingredients to achieve any goal.

SYFORM SUPPLEMENTS

Syform nutrient supplements guarantee the highest quality, are formulated specifically to maximize performance during training and competition. The volleyball player can choose one of our products to suit your needs. The line of supplements Syform is full functional.

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



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 - 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 proenergetic and tonics such as muscle creatine, glutamine, taurine.



NUTRISOY

SOY PROTEIN

Isolated soy protein **Supro®** for those who are allergic to milk protein. It promotes an increase in strength, endurance and muscle volume. It tones up the tissues and stimulates the immune system. It's highly and rapidly assimilable.



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.

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.

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.

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.



FINAL RACE gel

ENERGY FOR THE MATCH

Gel energy single-dose suitable for training periods particularly intense. Reduces fatigue, helps improving athletic performance and promotes rapid recovery of the ability to snap at the end of the training. It contains 3 g of **Fructose 1-6 diphosphate**, Acetyl-Carnitine, beta-Alanine e magnesium.



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.

SYFORM



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 lattacido, 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.



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**.



MGK MAGNESIUM AND POTASSIUM

Supplement of magnesium and potassium, precious minerals for the athlete. Useful to integrate the two elements during the summer season in which excessive sweating increases the need to improve cellular energy metabolism and prevent muscle cramps.



ARTICOL COUNTERACT THE LACTIC ACID

Articol contains Glucosamine Chondroitin sulfate and natural origin and sodium hyaluronate. These two ingredients are nutrients effective to promote the reconstruction of cartilaginous tissues and regeneration of the articular function.



BIOCURCUMA ARTICULAR FUNCTIONALITY

Biocurcuma is a dietary supplement made from Curcuma fitosomiale Meriva®: a patented complex with a final title in curcumin 20%, obtained with soy phospholipids (phosphatidylcholine) highly purified. They act as carriers of curcumin into the cell membranes, increasing the bioavailability of about 10 times.



SUPPLEMENTATION PLANS



VOLLEYBALL *PRE-COMPETITIVE SEASON*

The return to training has a vital role to be able to recover the optimal condition after the pause period, also is helpful to improve the deficiencies found during the previous season. For this, the workout isn't too much involved into the phase of the game, but rather is aimed at the recovery of muscle tone and weight. Feeding will therefore be based on a balanced diet and nutrient rich structural, vitamins and mineral salts.

PREPARATION FOR 2 MONTHS

BREAKFAST OR SNACK	BALANCE or NUTRISOY 2 scoops in 200 ml of water
DURING TRAINING for each hour of work	REISPRINT 1 scoop dissolved in water
AFTER TRAINING	FRIRAM : 5 tablet
BEFORE BEDTIME for 20 day per month	WORKOUT 1 sachet dissolved in water



VOLLEYBALL *COMPETITIVE SEASON*

The energy of the athlete during the season should be managed between the workload of training sessions and competitions. Feeding and dietary supplementation at this stage have a vital role to supply the body with all the most important nutrients to speed recovery after exercise. This is why the basketball player should address particular attention to the nutritional aspect and psychophysical peculiarities.

TRAINING 2 HOURS

60 MIN. BEFORE only 3 hours after the last meal	CARBO SPEED o MALTO+ 2 scoops in 300 ml of water CARNITINE 1 tablet
DURING for each hour of work	REISPRINT 1 scoops dissolved in water
20 MIN. AFTER	MUSCLE MASS 3 scoops in 300 ml of water ESSENZIALE 8+ 5 tablet

SUPPLEMENTATION PLANS



VOLLEYBALL 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 VIAL

1 single-dose with 300 ml of water

20 MIN. BEFORE

MALTO+ GEL

1 single-dose with 300 ml of water

DURING

REISPRINT

1 sachet or 2,5 scoops in 500 ml of water

20 MIN. AFTER

MUSCLE MASS

3 scoops in 500 ml of water

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**

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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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