

A male football player with a beard, wearing a red jersey with 'ANSINO' and 'AZ' on it, white shorts, and white socks with red stripes, is celebrating a goal. He has his mouth open in a shout and his fists are clenched. He is in front of a goal net, and a crowd of spectators is visible in the background. The text 'FOOTBALL SUPPLEMENTATION PROTOCOL' is overlaid in large, bold, white letters with a black outline.

# FOOTBALL SUPPLEMENTATION PROTOCOL

# Football supplementation protocol

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As a footballer, it is important to be in peak condition all year round. You want to retain your place in the starting lineup or prove that you deserve a place in it. You want to show off your best skills throughout the year so that you can take the next step in your career. Good all-round health is important to stay in peak condition. Specific supplementation can help you optimize your recovery, health, and performance.

The best supplements for you depends on factors such as your goal, position, diet, needs, and any specific issues to be taken into consideration. This protocol contains practical tips to make it easy for you to determine what type of supplementation is suitable for you.

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## Protocol overview:



General basis



Autumn and winter months

## Performance supplementation



Performance supplementation

## Supplementation for specific goals



Building muscle mass



Reducing fat percentage



Vegetarian or vegan diet



Fatigue



Stress/difficulty sleeping



Rehabilitation/injury recovery



Busy competition period



Cartilage problems/symptoms




During international travel



Gastrointestinal problems



# 1. Basic supplementation

A number of supplements can benefit all football players. These supplements can be taken year-round to boost your recovery, development, health, and performance.

Supplement	How often?	Dosage	Use
<b>Whey Classic Gold</b>  	One to two times a day	One measuring scoop diluted with water or milk	Take after a strenuous training session or competition. Can also be taken at other times to increase protein intake.
<b>Multi Oxidant Control Gold (without B6)</b>  	Once a day	One capsule	Take with a meal.
<b>Magnesium Gold</b>  	Three times a day	One capsule	Take with a meal.
<b>For players with medium or dark skin:</b>			
<b>D3-600 IU Gold</b>  	Once a day	One capsule	Take with a meal.

## Autumn and winter months (September-April)

During the colder autumn and winter months, your skin is exposed to less sunlight. As a result, your body produces less vitamin D itself. To ensure that you still have a sufficient supply of vitamin D, it is advisable to take a vitamin D supplement during this period. Players with medium or dark skin are advised to take a vitamin D supplement year-round.

Supplement	How often	Dosage	Use
<b>D3-3000 IU Gold</b>  	Once a day	One capsule	Take with a meal.



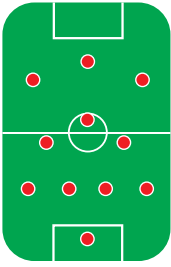


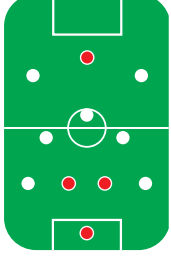


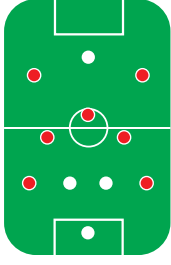


## 2. Performance supplements

In addition to the basic supplementation, specific performance supplements can be used. These supplements support various physical processes, such as explosiveness, stamina, strength, and alertness, enabling you to push yourself even further.

The best supplements for you depend on what type of player you are, the position you play, and your personal goals. Below is an overview of the performance supplements that are beneficial for different types of football players.

### Performance



	Supplement	For whom?	Use	Why?
	<b>Caffeine Gold 50 mg</b>  	All positions	Two to five capsules  Guideline: - four capsules for field players  - two capsules for goalkeepers.	Caffeine reduces the feeling of fatigue during exercise <sup>1</sup> . In addition, caffeine supports endurance <sup>1</sup> and helps to increase concentration and alertness <sup>1</sup> .
	<b>Creatine Gold</b>  	Strikers, central defenders, goalkeepers, and explosive wingers.	Once a day  One measuring scoop	Increase in explosiveness and power. Beneficial for players who produce many short bursts of intense activity (sprints, tackles, headers, physical duels).
	<b>Beta Alanine 750mg Gold</b>  	Midfielders and wingers.	Three times a day  Two capsules  During a period of four to ten weeks.	Especially for players who cover a lot of distance and often run longer sprints during matches.







<sup>1</sup> Health claims pending European authorization.

Beneficial effects are achieved with a minimum intake of 75 mg of caffeine.

### 3. Supplementation for specific goals and issues

In addition to the basic and performance supplements, there are also supplements that can help you achieve your goals or provide support for a specific need. Are you trying to optimize your body composition, for example, or have you decided to follow a more plant-based diet? Below is an overview per goal of the supplements that you could take in these cases to help you reach the top of your game.











#### Build muscle mass and strength

Supplement	Dosage	Use	Why?
<b>Whey Classic Gold</b>  	One to two times a day  One measuring scoop diluted with water or milk	Use after training sessions, matches, or at other times to increase protein intake. The aim is to consume two grams of protein per kilogram of body weight per day.	Proteins stimulate the build-up of muscle mass.
<b>Creatine Gold</b>  	Once a day  One measuring scoop	Take with a meal.	Creatine stimulates muscle growth, muscle strength, and explosiveness.
<b>Casein Gold</b>  	Once a day  Two measuring scoops diluted with water or milk	Take 45-60 minutes before bedtime.	Slow-digesting proteins, ideal for stimulating muscle growth and recovery during the night.

### 3. Supplementation for specific goals and issues

#### Reduce fat percentage





Supplement	Dosage	Use	Why?
<b>Multi Oxidant Control Gold (without B6)</b>  	Once a day One capsule	Take with a meal.	Helps to prevent deficiencies, particularly important in the case of reduced energy intake.
<b>Metabolism Gold</b>  	Once a day One to two capsules	Take with a meal.	Contains capsicum extract and green tea extract with EGCG, which stimulates fat burning <sup>2</sup> .
<b>Whey Classic Gold</b>  	One to three times a day One measuring scoop diluted with water or milk	After training sessions or at other times to increase protein intake. The aim is to consume 2.5 grams of protein per kilogram of body weight per day.	Increasing protein intake helps to retain muscle mass and strength during periods of reduced energy intake.
<b>Casein Gold</b>  	One to three times a day One measuring scoop diluted with water or milk	Take 30-45 minutes before bedtime.	Increasing protein intake helps to retain muscle mass and strength during periods of reduced energy intake.
<b>Optioneel:</b>			
<b>BCAA Instant Gold</b>  	One to three times a day One measuring scoop diluted with water	Take with a meal or at another time to increase amino acid intake.	The essential amino acids help to improve protein quality. High quantity of leucine, which is important for muscle growth and retention.

<sup>2</sup> Health claims pending European authorization.

### 3. Supplementation for specific goals and issues

#### Vegetarian/vegan diet









Supplement	Dosage	Use	Why?
<b>B12 Gold</b>  	Once a day  One capsule	Take with a meal.	Vitamin B12 occurs almost exclusively in animal products.
<b>Creatine Gold</b>  	Once a day  One measuring scoop	Take with a meal.	Creatine is mainly found in animal products. A supplement can be used to increase intake.
<b>Beta Alanine 750mg Gold</b>  	Three times a day  Two capsules  During a period of four to ten weeks	Take with a meal.	Beta-alanine is mainly found in animal products. A supplement can be used to increase intake.
<b>Zinc Gold</b>  	Once a day  One capsule	Take with a meal.	Zinc is often found in animal products. A supplement can be used to increase intake.
<b>Iron Complex Gold</b>  	Once a day  One capsule	Take with the morning meal. Before training, as training reduces iron absorption. To improve absorption, take without tea or coffee. If you have any symptoms, it is advisable to have your blood tested.	Iron from plant-based sources is much less easily absorbed than iron from animal products. A supplement can be used to increase intake.
<b>BCAA Instant Gold</b>  	One to three times a day  One measuring scoop diluted with water	Take with a meal or at another time to increase amino acid intake.	The essential amino acids help to improve the protein quality of a meal. High quantity of leucine, which is important for muscle growth and recovery.

### 3. Supplementation for specific goals and issues





#### Fatigue



Supplement	Dosage	Use	Why?
<b>Magnesium Gold</b>  	Three times a day  One capsule	Take with a meal.	Supports energy metabolism and helps to reduce tiredness and fatigue. Important mineral for muscle functioning.
<b>B12 Gold</b>  	Once a day  One capsule	Take with a meal.	Helps to reduce tiredness and fatigue.  B12 is only found in animal products and is therefore essential for vegans and also benefits vegetarians.
<b>Iron Complex Gold</b>  	Once a day  One capsule	Take with the morning meal. Before training, as training reduces iron absorption. To improve absorption, take without tea or coffee. If you have any symptoms, it is advisable to have your blood tested.	Important for the production of red blood cells and supports the transport of oxygen. This enables iron to have a beneficial effect on reducing fatigue.

#### Stress and difficulty sleeping



Supplement	Dosage	Use	Why?
<b>Magnesium Gold</b>  	Three times a day  One capsule	Take with a meal.	For good mental well-being. Can help to reduce lack of energy.
<b>Pronite Gold</b>  	Once a day  One capsule	Take 30 minutes before bed-time.	Contains passionflower, which improves the ability to fall asleep, and valerian for a good night's rest <sup>3</sup> .

<sup>3</sup> Health claims pending European authorization.





Virtuooos has partnerships with the following footballteams.





### 3. Supplementation for specific goals and issues

#### Rehabilitation/injury recovery









Supplement	Dosage	Use	Why?
<b>Collagen Gold</b>  	Once a day  Three measuring scoops	45-60 minutes exercise that puts pressure on tendons, bones, or joints.	Collagen is an important building material for tendons, ligaments, bones, and cartilage.
<b>Whey Classic Gold</b>  	One to three times a day  One measuring scoop diluted with water or milk	After training sessions or at other times to increase protein intake. The aim is to consume 2.5 grams of protein per kilogram of body weight per day.	Increasing protein intake helps to retain muscle mass and strength.
<b>Multi Oxidant Control Gold (without B6)</b>  	Once a day  One capsule	Take with a meal.	Additional intake of micronutrients. Especially beneficial in the case of reduced energy intake and an increased need due to recovery.
<b>Krill omega 3 Gold</b>  	Once a day  Two capsules	Take with a meal.	EPA and DHA support heart and brain function <sup>4</sup> . Choline supports the structure of cell membranes.
<b>Creatine Gold</b>  	Once a day  One measuring scoop	Take with a meal.	Creatine stimulates muscle growth, muscle strength, and explosiveness. Beneficial when building strength during rehabilitation.
<b>Casein Gold</b>  	Once a day  Two measuring scoops diluted with water or milk	Take 30-45 minutes before bedtime.	Increasing protein intake helps to retain muscle mass and strength.

<sup>4</sup> Beneficial effects are achieved with a daily intake of 250 mg of EPA and 250 mg of DHA.





### 3. Supplementation for specific goals and issues

#### Busy competition period

Supplement	Dosage	Use	Why?
<b>Krill omega 3 Gold</b>  	Once a day  Two capsules	Take with a meal.	EPA and DHA support heart and brain function <sup>4</sup> . Choline supports the structure of cell membranes.
<b>Vitamin C1000 Gold</b>  	Once a day  One capsule	Take with a meal.  Do not use during international training camps if the purpose is to make training adaptations.	To support the immune system during high-intensity activity.
<b>Zinc Gold</b>  	Once a day  One capsule	Take with a meal.	To support the immune system.






<sup>4</sup> Beneficial effects are achieved with a daily intake of 250 mg of EPA and 250 mg of DHA.

#### Cartilage problems/symptoms



Supplement	Dosage	Use	Why?
<b>Collagen Gold</b>  	Once a day  Three measuring scoops	45-60 minutes exercise that puts pressure on tendons, bones, or joints.	Collagen is an important building material for tendons, ligaments, bones, and cartilage.
<b>Joint Support Gold</b>  	Twice a day  One capsule	Take with a meal.	Contains manganese, an important mineral for the normal formation of connective tissue, and copper to maintain this tissue. Also contains bamboo silica extract which supports connective tissues.

### 3. Supplementation for specific goals and issues

#### International travel

Supplement	Dosage	Use	Why?
<b>Probiotic Gold</b>  	Once a day  One capsule	Take with a meal.	Contains prebiotic fibres and lactic acid bacteria that reach the intestines alive.
<b>ProNite Gold</b>  	Once a day  One capsule	Take 30 minutes before bed-time.  Optional for international flights: take one capsule immediately before flying.	Contains passionflower, which improves the ability to fall asleep, and valerian for a good night's rest <sup>3</sup> .
<b>Vitamin C1000 Gold</b>  	Once a day  One capsule	Take with a meal.  Do not use during international training camps if the purpose is to make training adaptations.	To support the immune system.
<b>Zinc Gold</b>  	Once a day  One capsule	Take with a meal.	To support the immune system.

#### Gastrointestinal problems

Supplement	Dosage	Use	Why?
<b>Probiotic Gold</b>  	Once a day  One capsule	Take with a meal.	Contains prebiotic fibres and lactic acid bacteria that reach the intestines alive.





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