



# 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><br>                        | 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><br>  | Once a day             | One capsule                                    | Take with a meal.                                                                                                    |
| <b>Magnesium Gold</b><br>                       | 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><br>                       | 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><br>  | Once a day | One capsule | Take with a meal. |

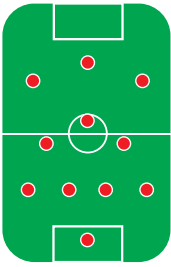
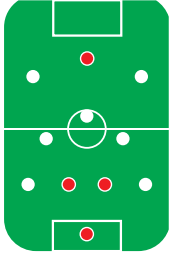
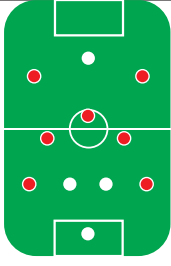
## 2. Performance supplements

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><br><br>         | All positions                                                    | Two to five capsules<br><br>Guideline:<br>four capsules for field players<br><br>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><br><br>           | Strikers, central defenders, goalkeepers, and explosive wingers. | Once a day<br><br>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><br><br> | Midfielders and wingers.                                         | Three times a day<br>Two capsules<br>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><br><br> | One to two times a day<br><br>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 buildup of muscle mass.                                              |
| <b>Creatine Gold</b><br><br> | Once a day One measuring scoop                                               | Take with a meal.                                                                                                                                                   | Creatine stimulates muscle growth, muscle strength, and explosiveness.                      |
| <b>Casein Gold</b><br><br>   | Once a day<br><br>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><br>  | 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><br>                          | 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><br>                    | One to three times a day<br>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><br>                          | One to three times a day<br>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><br>                    | One to three times a day<br>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><br><br>                    | Once a day One capsule                                              | Take with a meal.                                                                                                                                                                                         | Vitamin B12 occurs almost exclusively in animal products.                                                                                                          |
| <b>Creatine Gold</b><br><br>               | 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><br><br> | 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><br><br>               | 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><br><br>       | 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. | ducts. A supplement can be 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><br><br>       | One to three times a day<br>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><br>         | 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><br>               | Once a day One capsule        | Take with a meal.                                                                                                                                                                                         | Helps to reduce tiredness and fatigue.<br><br>B12 is only found in animal products and is therefore essential for vegans and also benefits vegetarians.  |
| <b>Iron Complex Gold</b><br>  | 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><br>  | 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><br>    | 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> Health claims pending European authorization.



Virtuoos heeft partnerships met onderstaande vier BVO's:



### 3. Supplementation for specific goals and issues

#### Rehabilitation/injury recovery

| Supplement                                                                                                                                                                                                                | Dosage                                                                     | Use                                                                                                                                                   | Why?                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Collagen Gold</b><br>                                | 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><br>                            | One to three times a day<br>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><br>  | Once a day One capsule                                                     | Take with a meal.                                                                                                                                     | Additional intake of micro-nutrients. Especially beneficial in the case of reduced energy intake and an increased need due to recovery. |
| <b>Krill omega 3 Gold</b><br>                       | 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><br>                            | 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><br>                              | Once a day<br>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><br>  | 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><br>  | Once a day One capsule  | Take with a meal.<br><br>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><br>       | 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><br>       | Once a day<br><br>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><br>  | Twice a day<br><br>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><br><br>         | 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><br><br>           | Once a day One capsule | Take 30 minutes before bed-time.<br><br>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. |
| <b>Vitamin C1000 Gold</b><br><br> | Once a day One capsule | Take with a meal.<br><br>Do not use during international training camps if the purpose is to make training adaptations. | To support the immune system.                                                                            |
| <b>Zinc Gold</b><br><br>          | Once a day One capsule | Take with a meal.                                                                                                       | To support the immune system.                                                                            |

#### Gastrointestinal problems

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



