

# FOOTBALL NUTRITION


Science-based nutrition  
strategy tailored to the  
individual needs of elite  
football players

ETS Diagnostics  
Medical Department  
Division Performance and Recovery  
**Florent Aziri**



**Fuelling potential.**

We support players from leagues like:  
German Bundesliga, La Liga, Serie A,  
Swiss Super League, French Ligue 1,  
Croatian Football League HNL



*“Nutrition is doping,  
but simply legal. Eating the  
right food at the right time  
can make all the difference.”*

**JÜRGEN KLOPP**  
**Liverpool FC**

# NUTRITION STRATEGY

6-12 months to implement the whole strategy

## Individualization / Personalization

Based on anthropometric data, metabolic analysis, body composition, blood glucose dynamics and further diagnostics we are going to implement a player-specific nutrition strategy.

## Nutrition Strategy on Training Days

Depending on the training intensity and duration, carbohydrate and protein requirements must be adapted to the load to enable optimal recovery (periodization).

## Nutrition Strategy on MD-1

One day before the game (MD-1), the nutrition strategy is adjusted to fill all energy stores and ensure maximum performance on match day.

## Match Day Nutrition Strategy

Muscle and brain performance are maximized through a science-based nutrition strategy - from the optimal pre-match meal to the optimal half-time strategy.

## Supplementation Strategy

We implement key supplements to safely maximize recovery and performance.

## Performance Cuisine

Personalized recipes are developed with Performance Chefs to match player preferences with the scientific demands.



# EFFECTS OF A SCIENCE-BASED FOOTBALL NUTRITION STRATEGY:

## SPRINT PERFORMANCE



Where does the energy for a sprint come from? Depending on how long a sprint lasts, different energy sources are needed differently. For example, in a 3s sprint, 55% of the energy comes from PCr, while in a 12s-Sprint, only 23% of the energy comes from PCr. Adapted to the position (and corresponding sprint profile), the nutrition strategy is adjusted to enable continuous performance. An optimal nutrition strategy can, among other things, **increase high-speed running by 30.6%.**

## BRAIN PERFORMANCE

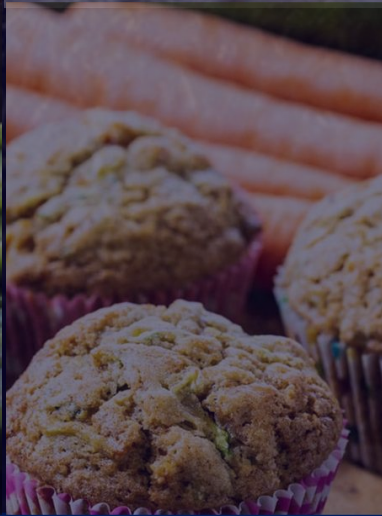
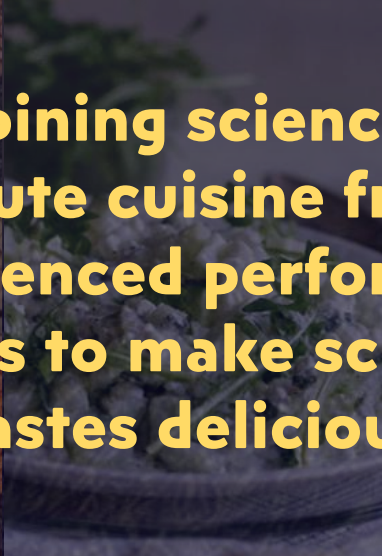


"Football is a game you play with your brain." - Johan Cruyff  
Whether reaction time, decision-making, passing accuracy, shooting accuracy or dribbling ability - all this depends on the brain. An optimal nutrition strategy can, among other things, **increase brain reaction time by 22%.**

## RECOVERY / INJURY PREVENTION



Poor recovery increases the risk of injury and reduces performance for the next game. Through an optimal nutrition strategy, **muscle strength can be increased by 20%** after a match and **muscle fatigue can be reduced by 40%**. Furthermore, tendons and ligaments can be strengthened by over 150% through a proper supplementation strategy.



**Combining science with  
haute cuisine from  
experienced performance  
chefs to make science  
tastes delicious.**



# NUTRITION PROGRAM

Service	Elite PLUS	Elite STARTER	Academy
Metabolic Profiling	++	+	+
Body Composition Measurements (DXA)	+	(Club)	-
Hydration Analysis (Urine, Sweat)	+	-	-
Neuro-Fuel Monitoring (CBG)	+	+	-
GPS-based Match/Training Load Analysis	+	-	-
Brain Performance Assessments	+	-	-
Individualized Nutrition Strategy (each 3 Menus) for: - Off-Days - Low-Intensity Days - High-Intensity Days - MD-1 - MD (incl. Half-Time Strategy)	+	+	+
Individualized Supplementation Strategy	+	+	+
Specialized MD Neuro-Nutrition Strategy	+	+	-
24/7 online Player Support	+	+	-
Program Duration (Months)	6-12	6	6
<b>PRICE</b> (in Swiss Francs)	<b>14'420.-</b>	<b>8'970.-</b>	<b>5'370.-</b>

**Recipe to Success.**

**Inspired by athletes  
driven by science.**



ETS Diagnostics  
Medical Department  
**Florent Aziri**  
Biomedical Scientist & Elite Sport Scientist

E-Mail: [florent.aziri@ets-diagnostics.com](mailto:florent.aziri@ets-diagnostics.com)  
Phone: +41 78 771 20 52  
Website: [www.ets-diagnostics.com](http://www.ets-diagnostics.com)  
Location: Zürich, Switzerland