

KLEAN OMEGA™

DESCRIPTION

KLEAN OMEGA™ by Klean Athlete® provides essential omega-3 fatty acids from clean, pure fish oil in triglyceride form delivered in a fish gelatin capsule to support an athlete's cardiovascular, neurological and joint health.†

Safety

KLEAN OMEGA™ is tested and certified by the NSF Certified for Sport® Program, which was created to meet the growing demands of athletes, coaches and healthcare professionals to certify that sports supplements are safe and free from banned substances. Every product that carries the NSF® for Sport mark has undergone stringent laboratory testing to confirm content, purity and compliance.

Purity

Klean Omega™ is ultra pure and tested for heavy metals, PCBs, dioxins, and other contaminants. The fish oil undergoes a molecular distillation process to purify the oil from contaminants. The levels for heavy metals such as mercury and lead fall far below the acceptable threshold of 0.1 ppm.

Bioavailability

Klean Omega™ is fish oil in the preferred triglyceride form. Recent scientific data shows the triglyceride form of fish oil may be better absorbed when compared to ethyl esters. Recent data have demonstrated that omega-3 fatty acids delivered in a triglyceride form may result in greater blood omega levels and a higher omega-3 index compared with omega-3 fatty acids delivered in the form of ethyl esters.

FUNCTIONS

The typical Western diet contains a ratio of omega-6 to omega-3 fatty acids ranging from approximately 10:1 to 20:1 instead of the recommended range of 1:1 to 2:1. Studies indicate that a high intake of omega-6 fatty acids shifts the physiologic state to one that is characterized by increases in blood viscosity, vasospasm, and vasoconstriction, and decreases in bleeding time. Data continues to accumulate that supports EPA and DHA in cardiovascular health as well as many other areas, including neurological health, vision health, and joint health.†

The omega-3 fatty acid EPA is the direct precursor for the prostaglandins, which are involved in helping to maintain the body's normal regulatory processes.† Athletes are prone to wear and tear of the body and joints after long strenuous exercise, which can affect recovery time and performance. Therefore, omega-3 fatty acids can assist in the normal recovery of inflammation and healthy joints after exercise.† Omega-3s can also support proper breathing and lung capacity.† Studies have shown that 3 weeks of fish oil supplementation, rich in EPA and DHA, promotes normal airway passages and bronchodilation in athletes with exercise-induced airway narrowing.†

In a study published in the *Journal of the International Society of Sports Nutrition*, researchers found that participants taking fish oil for six weeks supported healthy body composition by increasing lean muscle mass and reducing fat mass. Omega-3, specifically EPA, may provide better oxygen delivery during exercise and help to remove lactic acid from the body.†

DHA plays a major role in the structural integrity of neuronal membranes. DHA is essential for neurological and visual development.† As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and in to adulthood for ongoing optimal brain function and memory. A study concluded that supplementing with omega-3 plus policosanol for 21 days improved reaction time in athletes by supporting the central nervous system.†

INDICATIONS

KLEAN OMEGA™ is indicated for athletes that desire the essential omega-3 fatty acids for optimal health, recovery and athletic performance.

FORMULA (#KA201900)

Serving Size 1 Softgel

Servings Per Container 60

Calories10

KLEAN OMEGA™

Calories from Fat10
 Total Fat.....1.5 g
 Marine Triglyceride Concentrate....1,250 mg
 Providing:
 EPA (Eicosapentaenoic acid)500 mg
 DHA (Docosahexaenoic acid)..... 250 mg

Other ingredients: Fish gelatin (capsule, from tilapia), purified water, natural orange flavor, natural mixed tocopherols.
 This product contains fish oil (anchovies and sardines).

SUGGESTED USE

Adults take 1 softgel daily with a meal or as directed.

SIDE EFFECTS

No side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Klean Omega™, visit kleanathlete.com

† These statements have not been evaluated by the Food and Drug Administration.
 This product is not intended to diagnose, treat, cure, or prevent any disease.

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