

## Klean Isolate™

### DESCRIPTION

Klean Isolate™ by Klean Athlete™ is a NSF Certified for Sport® supplement that supplies 20 grams of high quality Whey Protein isolate in each serving. With no additional flavorings or sweeteners, Klean Isolate™ can easily be added to any beverage to enhance daily protein and amino acid intake.

Klean Isolate™ 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 completely free from banned substances. Every product that carries the NSF Certified for Sport® mark has undergone stringent laboratory testing to confirm content, purity and compliance.

### FUNCTIONS

The dietary protein provided by Klean Isolate™ supplies essential amino acids, including branched chain amino acids that participate in many of the body's metabolic and physiologic systems. Protein turnover in the body is continuous and can be substantial, and the rebuilding of skeletal muscle that is broken down during exercise is critically important to athletes. The dynamics of this constant degradation and re-synthesis demand a daily supply of dietary protein and their constituent amino acids. Essential or indispensable dietary amino acids must be supplied by the diet as they are not synthesized by the body.

Recent analyses of the dietary protein needs of people suggest that age and activity level may influence protein requirement for optimum health. Some scientists have also suggested that increased protein synthesis follows prolonged exercise. Athletes competing in body building or endurance sports may require significantly more total protein from food and supplements combined, typically in ranges of 1.0-1.5 g protein/kg of body weight.

Whey Protein isolate also contains naturally occurring electrolytes - sodium and potassium to help replenish hydration lost during activity.

### INDICATIONS

Klean Isolate™ may be a useful dietary supplement for athletes who require additional amino acids for muscle integrity.

### FORMULA (#KA57534P)

Serving Size: 1 scoop (approx. 22.2 grams)

Servings Per Container approx. 20

Amount Per Serving

Calories .....	85
Total Carbohydrate.....	1 g
Sugars .....	1 g
Protein.....	20 g
Calcium (from whey).....	95 mg
Sodium (from whey) .....	30 mg
Potassium (from whey) .....	125 mg

Ingredients: Whey Protein Isolate (from milk)

## Klean Isolate™

### Typical Amino Acid Profile from Whey Isolate

L-Alanine .....	940 mg
L-Arginine .....	415 mg
L-Asparagine.....	2,115 mg
L-Cystine .....	480 mg
L-Glutamine.....	2,920 mg
L-Glycine .....	325 mg
L-Histidine .....	395 mg
L-Isoleucine .....	1,240 mg
L-Leucine.....	2,075 mg
L-Lysine.....	1,720 mg
L-Methionine .....	405 mg
L-Phenylalanine.....	595 mg
L-Proline .....	1,325 mg
L-Serine.....	935 mg
L-Threonine .....	1,360 mg
L-Tryptophan .....	325 mg
L-Tyrosine.....	585 mg
L-Valine.....	1,125 mg

### SUGGESTED USE

Adults take 1 scoop daily mixed with 10-12 oz. of water or other beverage (cool or room temperature), or as directed. For best results, take within 45 minutes post-activity.

### SIDE EFFECTS

No adverse 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 Isolate™, visit [kleanathlete.com](http://kleanathlete.com)**

† These statements have not been evaluated by the Food and Drug Administration.

## Klean Isolate™

This product is not intended to diagnose, treat, cure, or prevent any disease.

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