

PRODUCT GUIDE | KLEAN ATHLETE®

Klean Athlete products are NSF Certified for Sport®, free-from, science-based formulas using high-quality ingredients to support your active lifestyle with everything you need – and nothing you don't. Explore our sports supplements to optimize peak performance with the performance essentials that matter most.†

RECOMMENDED PRODUCT	PRODUCT FUNCTIONS & BENEFITS†	DOSAGE RECOMMENDATION
<p>KLEAN BCAA + PEAK ATP® Order code: KA57678-258</p> <p><i>[Creatine & Amino Acids]</i></p>	<ul style="list-style-type: none"> • Supports recovery and muscle tissue repair† • Allows the body to train longer, harder and stronger† • NSF Certified for Sport® 	<p>Mix one scoop with 8-10 oz. of water or other beverage and blend well. This product is best taken 30 minutes before exercise. It can also be consumed during and post-workout. Consume one to two servings daily without food, including rest days.</p>
<p>KLEAN COLLAGEN+C Order code: KA57722P-340 (Natural Berry Flavor), KA57768P-334 (Tropical Fruit Flavor), KA57769P-304 (Unflavored)</p> <p><i>[Protein Powders]</i></p>	<ul style="list-style-type: none"> • Supports healthy cartilage and joint tissue† • Supports musculoskeletal health to help optimize performance† • NSF Certified for Sport® 	<p>Take 1 scoop daily dissolved into 8-10 oz. of water or as directed.</p>
<p>KLEAN CREATINE Order code: KA57692P-315</p> <p><i>[Creatine & Amino Acids]</i></p>	<ul style="list-style-type: none"> • Supports muscle strength, performance and recovery† • Helps reduce recovery time following strenuous exercise† • NSF Certified for Sport® 	<p>Take 5 g daily with plenty of water or liquids, at the same time daily for optimal effects. Mix 1 scoop daily with 8 oz. of water or beverage of choice. For best results, take this product with a carbohydrate-containing beverage or food 30 minutes before exercise, or immediately following exercise with a recovery beverage such as Klean Recovery. On rest days, take 1 serving daily with a meal or as directed.</p>
<p>KLEAN ESSENTIAL AMINOS +HMB Order code: KA57737P-275</p> <p><i>[Creatine & Amino Acids]</i></p>	<ul style="list-style-type: none"> • Helps to build and preserve lean muscle mass† • NSF Certified for Sport® 	<p>Take 1 scoop, 1-2 times daily dissolved in 8-10 oz. of water or other beverage, or as directed.</p>
<p>KLEAN HYDRATION Order code: KA57694P-358</p> <p><i>[Electrolytes & Energy]</i></p>	<ul style="list-style-type: none"> • Supports fluid replenishment† • Support the intestinal absorption of fluids to maximize hydration efficiency† • NSF Certified for Sport® 	<p>Mix 1 scoop in 8 oz. of water, or as directed.</p>
<p>KLEAN ISOLATE Order code: KA57534P-446 (Unflavored), KA57691P-580 (Natural Chocolate Flavor), KA57693P-516 (Natural Vanilla Flavor), KA57775P-508 (Natural Strawberry Flavor)</p> <p><i>[Protein Powders]</i></p>	<ul style="list-style-type: none"> • Aids in muscle building† • 20 grams high quality whey protein isolate • NSF Certified for Sport® 	<p>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 or as directed.</p>

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

RECOMMENDED PRODUCT	PRODUCT FUNCTIONS & BENEFITS [†]	DOSAGE RECOMMENDATION
KLEAN JOINT & MUSCLE Order code: KA202682-60 <i>[Vitamins & Minerals]</i>	<ul style="list-style-type: none"> Provides joint comfort, function and flexibility[†] Supports cartilage health, joint and muscle integrity[†] Aids in muscle recovery and reduced soreness post-exercise[†] NSF Certified for Sport[®] 	Take 2 capsules daily with food or as directed.
KLEAN PRE-WORKOUT Order Code: KA57755P-200 <i>[Pre & Post-Workout]</i>	<ul style="list-style-type: none"> Supports enhanced athletic performance[†] NSF Certified for Sport[®] 	Take 1 scoop mixed into 6-8 oz. of water approximately 30 minutes before exercise or as directed.
KLEAN RECOVERY Order code: KA57695P-1092 <i>[Pre & Post-Workout]</i>	<ul style="list-style-type: none"> Provides nutrients for optimal glycogen replacement[†] Supports muscle recovery after exercise[†] NSF Certified for Sport[®] 	Mix one scoop with 10 to 12 oz. of water and consume within 20 minutes post-exercise or competition, or as directed.
KLEAN SR BETA-ALANINE Order code: KA202402-120 <i>[Pre & Post-Workout]</i>	<ul style="list-style-type: none"> Delays fatigue[†] Supports muscle endurance[†] Supports exercise capacity during short periods of intense effort[†] NSF Certified for Sport[®] 	Take 2 tablets 2 times daily or as directed.
KLEAN MELATONIN Order Code: KA202411-50 <i>[Sleep & Focus]</i>	<ul style="list-style-type: none"> Promotes healthy sleep-wake cycles[†] NSF Certified for Sport[®] 	Take 2 sprays orally, once daily at or before bedtime, or as directed.
KLEAN ELECTROLYTES Order Code: KA201390-120 <i>[Electrolytes & Energy]</i>	<ul style="list-style-type: none"> Replenishes important minerals in the body[†] Provides support for electrolyte balance, mild fatigue and muscle cramping associated with exercise[†] NSF Certified for Sport[®] 	Take 1 to 3 capsules prior to, during, and after intense or prolonged exercise or as directed.
KLEAN ENDURANCE Order Code: KA202598-90 <i>[Electrolytes & Energy]</i>	<ul style="list-style-type: none"> Provides support for cellular ATP energy production[†] Contains D-Ribose to promote energy production, cardiovascular health and improves recovery and performance after exercise[†] NSF Certified for Sport[®] 	Take 1 chewable tablet one to three times daily with a meal or as directed.
KLEAN-C Order Code: KA202526-60 <i>[Vitamins & Minerals]</i>	<ul style="list-style-type: none"> Provides daily immune support[†] Supports connective tissues[†] NSF Certified for Sport[®] 	Take 1 chewable tablet 1-2 times daily or as directed.
KLEAN FOCUS[®] Order Code: KA201308-90 <i>[Sleep & Focus]</i>	<ul style="list-style-type: none"> Promotes mental sharpness and brain health[†] Supports cognitive health[†] NSF Certified for Sport[®] 	Take 3 capsules daily with a meal, or as directed.



VIEW OUR FULL LINE OF KLEAN ATHLETE PRODUCTS AT

www.DouglasLabs.com/KleanAthletePro

[†]These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.