

## Klean Gummy Multivitamin

### DESCRIPTION

Klean Gummy Multivitamin provides athletes with a comprehensive vitamin/mineral/trace element formula with bioavailable nutrient forms to support optimal health and wellness.‡

### INDICATIONS

- Support for optimal health‡
- Support for daily wellness‡

### FUNCTIONS AND MECHANISM OF ACTION

Klean Gummy Multivitamin has been carefully developed to contain adequate amounts of vitamins, minerals, and other beneficial nutrients and enzymes. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, and safety. The specific nutrients play vital roles and support cellular, heart, cognitive and immune health, among other functions. Vitamin C is a water-soluble antioxidant nutrient. It is essential for connective tissue and bone metabolism, capillary health, and immune function. In addition, vitamin C supplementation before exercise may support muscle recovery and function. Vitamins E is recognized as a fat-soluble antioxidant that provides cell stabilization and supports cell membranes. Vitamin D is responsible for the absorption of calcium into the blood, and vitamin K supports deposition of blood calcium into bones and teeth. Thus, vitamin K is important for the proper distribution and utilization of calcium throughout the body.‡

Zinc is an essential trace element that is found predominantly in the musculoskeletal system, providing structural integrity and supporting catalytic functions for metalloenzymes such as superoxide dismutase and lactate dehydrogenase. Exercise, particularly endurance training, has been shown to reduce serum zinc levels in both male and female athletes relative to controls. Low dietary zinc reduces sports performance by reducing peak oxygen uptake, cardiorespiratory function and other variables, leading to reduced metabolic responses. Clinical studies show that zinc supplementation may support muscle function and physical performance. This mineral also plays critical roles in tissue health and nutrient metabolism.‡

Folate and vitamins B6 and B12 have been shown to support healthy cardiovascular function by mediating carbohydrate and lipid metabolism, and by participating in hemoglobin synthesis to generate new cells — such as red blood cell. Folate and vitamin B12 are fundamental for normal cellular functions, including DNA and RNA synthesis. Folate is offered in this formula as Metafolin® 5-methyltetrahydrofolate (L-5-MTHF), the universally metabolized and biologically active form of folate. Choline acts as a methyl donor for homocysteine and folate metabolism in the methylation cycle following conversion to betaine, and as a structural component of cellular membranes and synthesis of the neurotransmitter acetylcholine. Choline and inositol are lipotropic factors that support liver function and promote healthy mobilization of fats and bile.‡

### FORMULA (#KA202509)

Serving Size 4 Gummies

Calories .....	30
Total Carbohydrate .....	7 g
Total Sugars .....	2 g
Includes 2 g of Added Sugars	
Vitamin A (as vitamin A palmitate and 60% beta carotene) .....	750 mcg
Vitamin C (as ascorbic acid) .....	80 mg
Vitamin D <sub>3</sub> (as cholecalciferol) .....	25 mcg (1,000 IU)
Vitamin E .....	10 mg
Vitamin K <sub>1</sub> .....	120 mcg
Thiamine (as thiamine mononitrate) .....	1.5 mg
Riboflavin .....	1.7 mg

Niacin (as niacinamide) .....	11 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl) .....	5 mg
Folate (as Metafolin <sup>®</sup> , L-5-MTHF) .....	400 mcg DFE (240 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin) .....	100 mcg
Biotin .....	100 mcg
Pantothenic Acid (as calcium pantothenate) .....	5 mg
Choline (as choline bitartrate) .....	30 mg
Iodine .....	112 mcg
Zinc (as zinc citrate) .....	9 mg
Chromium (as chromium picolinate) .....	50 mg
Sodium (naturally occurring) .....	24 mg
Organic Berry/Fruit Blend .....	100 mg
Strawberry Fruit, Raspberry Fruit, Blueberry Fruit, Tart Cherry Fruit, Pomegranate Fruit, Cranberry Fruit, Orange Fruit, Lemon Fruit	

Other ingredients: Isomalto-oligosaccharides, purified water, apple puree, cane sugar, pectin, natural raspberry, lemon, and other natural flavors, citric acid, sodium citrate, natural black carrot color, organic stevia leaf extract, organic sunflower oil, carnauba wax, medium chain triglycerides, hydroxypropyl cellulose and glycerin

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

Gluten-free, Non-GMO

## SUGGESTED USE

As a dietary supplement, ages 4+ take 4 gummies daily with a meal or as directed by a trainer, coach, or health professional.

## WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product. Consult a health professional prior to use if you are taking blood thinners.

## 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.

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**For more information on Klean Gummy Multivitamin, visit [kleanathlete.com](http://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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