

Klean Iron

DESCRIPTION

Klean Iron supplies 27 mg of iron from iron carbonyl to help support optimal iron levels, which in turn affect athletic performance and muscle strength. Iron carbonyl (Ferronyl®) has excellent bioavailability, low toxicity and is well-tolerated.‡

Klean Iron 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® mark has undergone stringent laboratory testing to confirm content, purity and compliance.

INDICATIONS

- Essential for red blood cell formation‡
- Support for athletic performance‡
- Support for muscle strength‡

FUNCTIONS AND MECHANISM OF ACTION

Iron is an important component of hemoglobin in red blood cells and myoglobin in muscle cells where it is required for oxygen and carbon dioxide transport. Optimal iron levels of at least 20-25 ng/mL have been associated with athletic performance, muscle strength and mitochondrial function. In a clinical trial involving iron-depleted (serum ferritin <20 µg/L) individuals, six weeks of supplementation with 20 mg of iron per ~~per~~ day improved iron status by enhancing serum iron. Iron supplementation also improved muscle fatigue of the quadriceps femoris muscle group, which may support physical performance. In addition, a healthy iron status may support cognitive function and healthy sleep.‡

Typical iron supplementation, including forms such as ferrous sulfate, can cause gastrointestinal side effects because these forms of iron are poorly absorbed. Klean Athlete’s Iron provides 27mg of elemental iron per tablet in the form of iron carbonyl, which has properties to allow for high absorption in the gastrointestinal tract, thus helping to decrease the typical gastrointestinal side effects.‡

FORMULA (#KA7962)

Serving Size 1 Tablet

Iron (as Ferronyl®, iron carbonyl) 27 mg

Other ingredients: Microcrystalline cellulose, ethylcellulose, stearic acid, vegetable stearate, silica and coating (hypromellose, glycerin)

Ferronyl® is a registered trademark of Ashland Inc.

SUGGESTED USE

As a dietary supplement, adults take 1 tablet daily without food or as directed by a coach, trainer, or health professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

Warning

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

SIDE EFFECTS

If gastrointestinal symptoms occur, take with food.

STORAGE

Store in a cool, dry place. Use only if safety seal is intact.

REFERENCES

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For more information on Klean Iron, 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.

Manufactured for
Klean Athlete
112 Technology Drive
Pittsburgh, PA 15275
855-255-5326
kleanathlete.com



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