

## Klean DHA

### DESCRIPTION

Klean DHA is supercritical CO<sub>2</sub>-extracted DHA fish oil for cardiovascular and cognitive support. ‡

### INDICATIONS

- Cardiovascular health‡
- Cognitive support‡

### FUNCTIONS AND MECHANISM OF ACTION

DHA (docosahexaenoic acid) is an omega-3 fatty acid with essential roles in human nutrition. Food sources include fatty fish, such as salmon, mackerel, herring, and anchovies. Individuals avoiding or limiting fish intake may not obtain adequate amounts of DHA. In clinical trials, DHA-rich omega-3 fatty acid supplements have been shown to support cardiovascular health<sup>1-3</sup> and cognitive function.<sup>4</sup> Observational studies also show a favorable association between DHA intake and memory in older adults.<sup>5‡</sup> Klean DHA is produced using a low-temperature, oxygen-free, solvent-free, supercritical CO<sub>2</sub>-based extraction process.

### FORMULA

<b>Supplement Facts</b>		
Serving Size 2 Softgels		
Servings Per Container 30		
	<b>Amount Per Serving</b>	<b>%DV</b>
Calories .....	10	
Total fat .....	1 g	1% <sup>^</sup>
Fish oil concentrate .....	1,200 mg	*
(from anchovies, sardines, mackerel)		
providing:		
DHA (docosahexaenoic acid) .....	790 mg	*
EPA (eicosapentaenoic acid) .....	188 mg	*
*Daily Value (DV) not established		
<sup>^</sup> Percent daily values are based on a 2,000 calorie diet		

Other ingredients: Fish (tilapia) gelatin capsule (gelatin, glycerin, water), natural tocopherols, rosemary leaf extract

**Contains fish (anchovies, sardines, mackerel, tilapia)**

### SUGGESTED USE

As a dietary supplement, take 2 capsules daily, with a meal.

### WARNING

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

## STORAGE

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

## REFERENCES

1. Félix-Soriano E, Martínez-Gayo A, Cobo MJ, et al. *Nutrients*. 2021 Jul 19;13(7):2465.
2. Singhal A, Lanigan J, Storry C, et al. *J Am Heart Assoc*. 2013 Jul 1;2(4):e000283.
3. Sekikawa A, Kadowaki T, El-Saed A, Okamura T, et al. *Stroke*. 2011 Sep;42(9):2538-43.
4. Yurko-Mauro K, McCarthy D, Rom D, et al. *Alzheimers Dement*. 2010 Nov;6(6):456-64.
5. Yurko-Mauro K, Alexander DD, Van Elswyk ME. *PLoS One*. 2015 Mar 18;10(3):e0120391.

**For more information on Klean DHA, 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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