

## Klean Sport Pack

### DESCRIPTION

Klean Sport Pack by Klean Athlete® is a convenient, once-daily packet that provides broad health support for athletes with a curated selection of vitamins, minerals, trace elements, omega-3 fatty acids, 3000 IU of vitamin D and 240 mg of magnesium (glycinate).

### INDICATIONS

- Ages 18 and up
- Athletes seeking a convenient all-in-one multivitamin/mineral, omega-3 supplement regimen
- Individuals seeking foundational support for daily wellness, muscle function, immune and joint health.‡

### FUNCTIONS AND MECHANISM OF ACTION

Klean Sport Pack is specially formulated for the unique daily nutritional needs of athletes, providing a curated selection of highly bioavailable vitamins, fully chelated minerals and antioxidants to support optimal health.<sup>1</sup> This formula includes Metafolin® L-5- methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate and lutein and zeaxanthin to help maintain macular and retinal health.<sup>2,3</sup> Antioxidants include lycopene, alpha lipoic acid and coenzyme Q<sub>10</sub>, provided as a blend of standard ubiquinone and a sustained-release water-soluble form (MicroActive® Q<sub>10</sub>.)<sup>4,5</sup> This formula also provides choline and inositol, which play essential roles in neuronal function.<sup>6-8‡</sup>

Each packet provides 240 mg of magnesium glycinate, a chelated complex with increased bioavailability. The complex is easily soluble in water and directly absorbed by the intestinal cells. Because it is a neutral complex, magnesium glycinate can move freely through cells without disrupting water and ion balance within cells. Magnesium plays an essential role in a wide range of cellular reactions, including protein synthesis and muscle contraction and relaxation.<sup>9-12</sup> The magnesium-adenosine triphosphate (Mg-ATP) molecule provides the energy used in physical activities.<sup>12‡</sup>

Klean Sport Pack also provides 3,000 IU of vitamin D<sub>3</sub> to support immune health, musculoskeletal strength and physical performance. Vitamin D is especially important for athletes who train indoors or receive limited exposure to natural sunlight. Clinical research has shown there is a positive association between vitamin D 25(OH)D serum concentrations, lower extremity function, proximal muscle strength and physical performance.<sup>13-16‡</sup>

Klean Sport Pack provides essential omega-3 fatty acids (EPA and DHA) from clean, pure fish oil in triglyceride form.

Klean Sport Pack is NSF Certified for Sport®, which confirms that these supplements are safe and free from banned substances. Every product that carries the NSF® mark has undergone stringent laboratory testing to validate content, purity and compliance.‡

### SUGGESTED USE

As a dietary supplement, adults take 1 packet daily, with meals, or as directed by a trainer, coach, or healthcare professional.

### REFERENCES

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**For more information on Klean Sport Pack, 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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