

KLEAN ATHLETE® | SELECTION GUIDE

When athletes visit your practice, they each present a unique set of challenges and individual needs. They may not be sick, but could be injured. They're both energized and fatigued from their latest adventure, training session or competition. The Klean Athlete® product line provides a solid nutrient foundation, including the vitamins, minerals and nutrients the body needs to perform at its best.† Klean Athlete products fuel and fortify any athlete's ability to optimize performance despite life's daily stresses, and promote an athlete's overall health and wellness at any age, intensity or experience level.† Every bottle of Klean Athlete is tested and certified by the NSF Certified for Sport® program, which was designed to ensure safer sports nutrition, free from banned substances and contaminants. Whether you work with recreational athletes, active baby boomers or professional athletes, Klean Athlete has a place in your practice.†

FOUNDATION | EVERYTHING YOU NEED. NOTHING YOU DONT.

KLEAN MULTIVITAMIN™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	2 tablets daily with a meal			
KLEAN PROBIOTIC™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	1-2 capsules in the evening			
KLEAN OMEGA™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	1 softgel daily with food			

TRAIN and COMPETE | YOU DIG DEEP, TRAIN HARD, COMPROMISE ON NOTHING.

KLEAN RECOVERY™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
				1-2 Scoops
KLEAN ISOLATE™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	As needed to meet daily protein requirement: 1.0-1.2 g/kg BW for endurance athletes and 1.2-1.5 g/kg BW for strength training			1 scoop mixed in any beverage
KLEAN ELECTROLYTES™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
		1-3 Capsules	1-3 Capsules/Hour	1-3 Capsules
KLEAN ENDURANCE™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (within 15 minutes)
		1-3 Chews	1-3 Chews with a glucose source every 60 minutes of physical activity	1-3 Chews

TARGETED | FOCUSED NUTRITION TO KEEP YOU IN THE ZONE.

KLEAN D™ 5000 IU	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	1 tablet daily with food			
KLEAN COGNITIVE™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	3 capsules daily with food			
KLEAN ANTIOXIDANT™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	3 capsules daily with food after exercise			

Visit www.douglaslabs.com for more details.

†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.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.