

## Klean Multivitamin™

### DESCRIPTION

Klean Multivitamin™ by Klean Athlete™ provides important vitamins and minerals plus powerful antioxidant support in just 2 easy-to-swallow tablets daily. NSF Certified for Sport® ensures a safe and effective multivitamin supplementation to support the body’s optimal performance.

### FUNCTIONS

Adequate amounts and proper balance of vitamin, minerals and nutrients are needed not only for maintaining good health, but also for optimum functioning of the body’s various systems, including the immune and muscular systems.

Klean Multivitamin has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or other side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin D, and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production, the maintenance of healthy blood cells, the nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms. Activated B vitamins are methylated to ensure proper utilization by the body.

Research has shown that strenuous aerobic exercise can be associated with oxidative stress and suboptimal tissue structure and function in the body. Exercise above the threshold levels of one hundred and fifty fitness points per week or working at 80% of predicted maximum heart rate for at least 5 hours per week may greatly increase the body’s production of excess free radicals, which can result in unwanted changes to the body’s tissues and cause cells to become more susceptible to aging. Therefore, Klean Multivitamin includes important phytonutrients in a proprietary blend of wild blueberry, strawberry and spinach extracts to supply active polyphenols for protection against free radical damage. Astaxanthin, the most powerful carotenoid sourced from algae, is increasingly popular due to its numerous health benefits studied such as cardiovascular, immune, and inflammatory support. † Pterostilbene, a methylated form of resveratrol is considered the *next generation of resveratrol*. Pterostilbene has advantages over resveratrol: superior biological activity, better oral bioavailability, and slower metabolism in the body. As another potent antioxidant, pterostilbene has been clinically studied for cardiovascular, blood sugar, cognitive and longevity support. †

Klean Multivitamin 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

Klean Multivitamin tablets are indicated as a dietary supplement for athletes who wish to consume the essential nutrients for optimal health and aging.

### FORMULA (# KA201344)

#### Supplement Facts

##### Serving Size 2 tablets

Vitamin A (as natural beta-carotene).....	5,000 IU
Vitamin C (as Ascorbic Acid) .....	120 mg
Vitamin D-3.....	1,000 IU
Vitamin E .....	100 IU
(as d-alpha tocopheryl succinate)	
Thiamine (as Thiamine HCl).....	25 mg

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Riboflavin (as Riboflavin-5-phosphate)..... 10 mg  
 Niacin/Niacinamide..... 30 mg  
 Vitamin B-6 (as Pyridoxal-5-phosphate)..... 10 mg  
 Folate (as L-methylfolate, Metafolin®) .....400 mcg  
 Vitamin B-12 (as methylcobalamin).....250 mcg  
 Biotin .....300 mcg  
 Pantothenic Acid..... 25 mg  
 (d-calcium pantothenate)  
 Calcium..... 50 mg  
 (as Calcium Citrate/Malate Complex)  
 Magnesium (as Magnesium Citrate)..... 25 mg  
 Iodine (from kelp).....150 mcg  
 Zinc (as Opti-Zinc, monomethionine) ..... 15 mg  
 Selenium (as amino acid chelate) .....100 mcg  
 Copper (as amino acid chelate)..... 1 mg  
 Chromium (as amino acid chelate).....120 mcg  
 Molybdenum (as amino acid chelate).....100 mcg  
 Potassium (as Potassium Aspartate)..... 30 mg  
 Choline (as Choline Bitartrate) ..... 60 mg  
 Inositol ..... 25 mg  
 Lutein..... 3 mg  
 Lycopene (natural)..... 3 mg  
 Zeaxanthin..... 1 mg  
 Astaxanthin..... 1 mg  
 Pterostilbene (PteroPure™\*\*) ..... 10 mg  
 Proprietary Blend..... 300 mg

Wild Blueberry Extract (fruit, *Vaccinium angustifolium*, standardized to 4% polyphenols), Strawberry Extract (fruit, *Fragaria vesca*, standardized to 2% polyphenols), Spinach Extract (leaf, *Spinacia oleracea*, standardized to 1.5% polyphenols).

Other ingredients: Cellulose, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, natural caramel color, natural vanilla flavor.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



**SUGGESTED USE**

Adults take 2 tablets daily with food or as directed.

**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.

**REFERENCES**

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**For more information on Klean 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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