

KLEAN-C™
Vitamin C Chewable Tablet

DESCRIPTION

Klean-C™ by Klean Athlete® is a delicious, strawberry orange-flavored chewable tablet delivering 525 mg of Vitamin C. This specially formulated tablet utilizes vitamin C ascorbates to create a buffering effect for better tolerance in the stomach. Vitamin C is an antioxidant and free radical scavenger offering immune benefits and connective tissue support. †

Klean-C is NSF Certified for Sport®. Products carrying this certification have undergone rigorous testing 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 free from banned substances. Every product that carries the NSF Certified for Sport® mark has undergone stringent laboratory testing to confirm content, purity and compliance.

INDICATIONS

- Antioxidant and immune support†
- Support for connective tissues†
- Improved iron absorption when taken concurrently†

FUNCTIONS

Vitamin C is an essential nutrient with numerous biological functions. The reduced form of the vitamin, ascorbic acid, is a water-soluble antioxidant that donates electrons to reduce reactive oxygen species (free radicals) in the body. Strenuous exercise creates oxidative and metabolic stress, which affects tissue structure and function if free radicals are not eliminated. Research indicates that vitamin C has a role in maintaining healthy levels of oxidative stress when taken in doses of 200-1,000 mg daily, and has synergies with antioxidants such as glutathione, alpha-lipoic acid, and vitamin E. Thus, it plays an important role in maintaining immune system function including T-lymphocyte activity. In random controlled trials with healthy men, vitamin C supplementation before exercise had modest beneficial effects on muscle soreness, muscle function and plasma markers of oxidation. Some evidence suggests that prophylactic use of vitamin C in doses of 600-1,000 mg daily for three to eight weeks before heavy physical exercise may support respiratory health post-exercise. †

Ascorbic acid contributes to the synthesis of procollagen and glycosaminoglycans, which are the building materials of all connective tissues such as skin, tendons, joint cartilage and bone. It is the required coenzyme for two groups of enzymes that catalyze the crosslinking of collagen fibers lysyl hydroxylases and prolyl hydroxylases. As such, vitamin C is essential for normal wound healing and the formation of mature collagen. † Vitamin C and iron combine to form an iron chelate complex, which increases the solubility of iron in the small intestine. Concurrent administration of at least 200 mg of vitamin C per 30 mg of iron intake may facilitate increased non-heme iron absorption in adults. †

FORMULA (#KA202526)

Each Tablet Contains:

Calories	5
Total Carbohydrate.....	2 g
Sugar Alcohol	2 g
Vitamin C (as calcium ascorbate, sodium ascorbate, ascorbic acid, ascorbyl palmitate)	525 mg
Calcium (as calcium ascorbate)	35 mg
Sodium (as sodium ascorbate)	20 mg

Other ingredients: Mannitol, xylitol, sunflower lecithin, natural orange and strawberry flavors, hydroxypropyl cellulose.

Non-GMO, Gluten-free

KLEAN-C™

Vitamin C Chewable Tablet

SUGGESTED USE

As a dietary supplement, take 1 tablet 1-2 times daily or as directed by a coach, trainer, or health professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

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

REFERENCES

- Braakhuis, A., *Nutrition and Ergogenic Aids*. Vol 11:4 July /August 2012.
- Tauler, P., et al. *Free radical research*. 2003;37(9), 931-938.
- Peters, EM., et al. *Int J Sports Med*. 2001 Oct;22(7):537-43.
- Levine M., et al. *JAMA* 1999;281:1415-23.
- Audera C, et al. *Med J Aust* 2001;175:359-62.
- Hemila H, *Intl J Sports Med*. 1996;17:379-83.
- E M Peters, et al. *AJCN*, Volume 57, Issue 2, February 1993, Pages 170–174.
- Hamilton IM, et al. *Br J Nutr* 2000;84:261-7.
- Schroder H, et al. *Int J Sports Med* 2000;21:146-50.
- Piersma, B., et al. *Physiological reports* 2007;5.17
- Braakhuis, A. *Nutrition and Ergogenic Aids*. Vol 11:4 July /August 2012.
- Thompson, D., et al. *Intl J of Sport Nutrition and Exercise Metabolism*, 2011;11(4), 466-481.
- McAlindon TE, Jacques P, Zhang Y, et al. *Arthritis Rheum* 1996;39:648-56.
- Bryer, S.C., et al. *Intl J of Sport Nutrition and Exercise Metabolism*, 16(3), 270-280.

For more information 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 by:
Klean Athlete
112 Technology Drive
Pittsburgh, PA 15275
855-255-5326



© 2019 Klean Athlete. All Rights Reserved

KA202526-092019