

KLEAN-D
25 mcg (1,000 IU)

DESCRIPTION

KLEAN-D by Klean Athlete® contains 25 mcg (equivalent to 1,000 I.U.) of natural vitamin D3 per tablet. Vitamin D supplementation may help support immunity, musculoskeletal strength and physical performance in athletes.‡

KLEAN-D 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 Certified For Sport® mark has undergone stringent laboratory testing to confirm content, purity and compliance.

INDICATIONS

- Healthy vitamin D levels‡
- Bone health and calcium absorption‡
- Muscular support‡

FUNCTIONS AND MECHANISM OF ACTION

Vitamin D is a fat-soluble vitamin and assessed by measuring serum 25-hydroxyvitamin D [25(OH)D] concentrations. Widely known for its role in healthy bone metabolism, Vitamin D enhances intestinal calcium and phosphorus absorption to enable normal bone mineralization. Studies have shown that adequate vitamin D levels are important for enhancing bone strength and density. Among its other health functions, vitamin D plays a critical role in the musculoskeletal system, as vitamin D sufficiency is correlated with optimal muscle function. Several clinical studies have shown that supplementation with vitamin D improves muscle strength and may enhance physical performance, suggesting a beneficial use for athletes. Additionally, studies have shown a positive correlation between maximal oxygen uptake (VO₂ max) and serum 25(OH)D concentrations, which may enhance physical activity. Vitamin D may also decrease post-exercise recovery time by increasing cellular matrix proteins, which are critical for skeletal muscle repair.‡

Besides musculoskeletal support, vitamin D has many other roles in the body, including modulation of cell growth and cell signaling, metabolic health, cognitive/mood support, and immune health.‡

FORMULA (#KA83007)

Serving Size 1 tablet:

Vitamin D₃ 25 mcg (1,000 IU)
 (as cholecalciferol)

Other ingredients: Microcrystalline cellulose, vegetable stearate and silica

Gluten-free, Non-GMO

SUGGESTED USE

Adults take 1 tablet daily with a meal or as directed by a trainer, coach, or health professional. Vitamin D is a fat-soluble vitamin; therefore, it is important to take this tablet with a fat-containing meal or with Klean Omega.

WARNING

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

Keep out of the reach of children.

STORAGE

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

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For more information on KLEAN-D, 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.

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