

KLEAN-D™ 5,000 IU

DESCRIPTION

KLEAN-D™ by Klean Athlete® contains 5,000 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® for Sport mark has undergone stringent laboratory testing to confirm content, purity and compliance.

FUNCTIONS

Vitamin D, also known as the “sunshine vitamin” is an essential vitamin that plays many important roles in the proper functioning of the body. Though classified as a vitamin, vitamin D is actually a key regulatory hormone for multiple physiological processes. It is estimated that 1 billion people, including the elderly, young adults, athletes and children, are vitamin D deficient or insufficient. The main cause of vitamin D deficiency in the athletic population is the direct result of decreased ultraviolet B (UVB) radiation absorption into the skin, which especially affects indoor athletes and those who live and train in northern latitudes.

Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy plasma calcium levels.† Besides bone support, vitamin D has many other roles in the body, including modulation of cell growth, neuromuscular and immune function, and inflammatory support. † 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. Vitamin D deficiency is associated with diffuse muscle pain, muscle weakness predominantly in the proximal muscle groups, and a reduction in performance speed. A serum 25-hydroxyvitamin D level below 50 nmol/l has been associated with increased body sway and a level below 30 nmol/l with decreased muscle strength. Based on the study by Barker et al, pre-exercise serum 25(OH)D concentrations could influence the recovery of skeletal muscle strength after an acute bout of intense exercise.

Numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain healthy bone remodeling and healthy vitamin D plasma levels.† A committee of the Institute of Medicine reviewed the data on vitamin D needs and concluded that persons are at risk of vitamin D deficiency at serum 25(OH)D concentrations <30 nmol/L (<12 ng/mL), and practically all people are sufficient at levels ≥50 nmol/L (≥20 ng/mL). Vitamin D is fat-soluble, so it should be taken with foods containing fat to aid in absorption through the small intestine. Vitamin D intoxication is extremely rare. Doses of 10,000 IU of vitamin D3 per day for up to 5 months did not cause toxicity. The latest United States recommended dietary allowance (RDA) for vitamin D is 600 IU per day. However, dietary intake may vary for athletes based on diet and intestinal absorption and the amount of sunlight exposure, thereby requiring higher supplemental doses.†

INDICATIONS

KLEAN-D may be a useful dietary supplement for athletes desiring healthy vitamin D levels.

FORMULA (#KA200562)

One small, round tablet contains:

Vitamin D₃ (cholecalciferol) 5,000 IU

Other ingredients: Cellulose, croscarmellose sodium, calcium carbonate, silica and vegetable stearate.

KLEAN-D™ 5,000 IU

SUGGESTED USE

Adults take one tablet daily with a fat-containing meal or as directed.

SIDE EFFECTS

No adverse side effects have been reported.

Note: People consuming more than 2,000 IU per day should have their vitamin D blood levels monitored by a healthcare professional.

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 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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