

## KLEAN OMEGA™

### DESCRIPTION

KLEAN OMEGA™ by Klean Athlete® provides essential omega-3 fatty acids from clean, pure fish oil in triglyceride form delivered in a fish gelatin capsule to support an athlete's cardiovascular, neurological and joint health.†

#### Safety

KLEAN OMEGA™ 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 free from banned substances. Every product that carries the NSF® for Sport mark has undergone stringent laboratory testing to confirm content, purity and compliance.

#### Purity

Klean Omega™ is ultra pure and tested for heavy metals, PCBs, dioxins, and other contaminants. The fish oil undergoes a molecular distillation process to purify the oil from contaminants. The levels for heavy metals such as mercury and lead fall far below the acceptable threshold of 0.1 ppm.

#### Bioavailability

Klean Omega™ is fish oil in the preferred triglyceride form. Recent scientific data shows the triglyceride form of fish oil may be better absorbed when compared to ethyl esters. Recent data have demonstrated that omega-3 fatty acids delivered in a triglyceride form may result in greater blood omega levels and a higher omega-3 index compared with omega-3 fatty acids delivered in the form of ethyl esters.

### FUNCTIONS

The typical Western diet contains a ratio of omega-6 to omega-3 fatty acids ranging from approximately 10:1 to 20:1 instead of the recommended range of 1:1 to 2:1. Studies indicate that a high intake of omega-6 fatty acids shifts the physiologic state to one that is characterized by increases in blood viscosity, vasospasm, and vasoconstriction, and decreases in bleeding time. Data continues to accumulate that supports EPA and DHA in cardiovascular health as well as many other areas, including neurological health, vision health, and joint health.†

The omega-3 fatty acid EPA is the direct precursor for the prostaglandins, which are involved in helping to maintain the body's normal regulatory processes.† Athletes are prone to wear and tear of the body and joints after long strenuous exercise, which can affect recovery time and performance. Therefore, omega-3 fatty acids can assist in the normal recovery of inflammation and healthy joints after exercise.† Omega-3s can also support proper breathing and lung capacity.† Studies have shown that 3 weeks of fish oil supplementation, rich in EPA and DHA, promotes normal airway passages and bronchodilation in athletes with exercise-induced airway narrowing.†

In a study published in the *Journal of the International Society of Sports Nutrition*, researchers found that participants taking fish oil for six weeks supported healthy body composition by increasing lean muscle mass and reducing fat mass. Omega-3, specifically EPA, may provide better oxygen delivery during exercise and help to remove lactic acid from the body.†

DHA plays a major role in the structural integrity of neuronal membranes. DHA is essential for neurological and visual development.† As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and in to adulthood for ongoing optimal brain function and memory. A study concluded that supplementing with omega-3 plus policosanol for 21 days improved reaction time in athletes by supporting the central nervous system.†

### INDICATIONS

KLEAN OMEGA™ is indicated for athletes that desire the essential omega-3 fatty acids for optimal health, recovery and athletic performance.

### FORMULA (#KA201900)

Serving Size 1 Softgel

Servings Per Container 60

Calories .....10

**KLEAN OMEGA™**

Calories from Fat .....10  
 Total Fat..... 1.5 g  
 Marine Triglyceride Concentrate....1,250 mg  
 Providing:  
 EPA (Eicosapentaenoic acid) .....500 mg  
 DHA (Docosahexaenoic acid)..... 250 mg

Other ingredients: Fish gelatin (capsule, from tilapia), purified water, natural orange flavor, natural mixed tocopherols. This product contains fish oil (anchovies and sardines).

**SUGGESTED USE**

Adults take 1 softgel daily with a meal or as directed.

**SIDE EFFECTS**

No side effects have been reported.

**STORAGE**

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

**REFERENCES**

Mickleborough TD, Lindley MR, Montgomery GS. Effect of fish oil-derived omega-3 polyunsaturated Fatty Acid supplementation on exercise-induced bronchoconstriction and immune function in athletes. *The Physician and Sportsmedicine*. 2008 Dec;36(1):11-7

Fontani G, Lodi L, Migliorini S, Corradeschi F. Effect of omega-3 and policosanol supplementation on attention and reactivity in athletes. *Journal of the American College of Nutrition*. 2009 Aug;28 Suppl:473S-481S.

Dyerberg J. Bioavailability of marine n-3 fatty acid formulations. *Prostaglandins Leukot Essent Fatty Acids*. 2010 Sep;83(3):137-41.

Neubronner J. Enhanced increase of omega-3 index in response to long-term n-3 fatty acid supplementation from triacylglycerides versus ethyl esters. *Eur J Clin Nutr*. 2011 Feb;65(2):247-54.

Yzebe D, Lievre M. Fish oils in the care of coronary heart disease patients: a meta- analysis of randomized controlled trials. *Fundam Clin Pharmacol* 2004;18:581-92.

Micallef M.A., Munro I.A., Garg M. L. An inverse relationship between plasma n-3 fatty acids and C-reactive protein in healthy individuals. *European Journal of Clinical Nutrition* 2009 63,1154-1156.

Simopoulos AP. Evolutionary aspects of diet, the omega-6/omega-3 ratio and genetic variation: nutritional implications for chronic diseases. *Biomed Pharmacother*. 2006 Nov;60(9):502-7. Epub 2006 Aug 28. Review.

Noreen et al. Effects of Supplemental Fish oil on resting metabolic rate, body composition, and salivary cortisol in healthy adults. *Journal of the International Society of Sports Nutrition*. 2010, 7:31

Tartibian B, Maleki BH, Abbasi A. Omega-3 fatty acids supplementation attenuates inflammatory markers after eccentric exercise in untrained men. *Clin J Sport Med*. 2011 Mar;21(2):131-7.

Wu A, Ying Z, Gomez-Pinilla F. The salutary effects of DHA dietary supplementation on cognition, neuroplasticity, and membrane homeostasis after brain trauma. *J Neurotrauma*.

**For more information on Klean Omega™, 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.

Manufactured for  
 Douglas Laboratories  
 600 Boyce Road  
 Pittsburgh, PA 15205  
 855-255-5326

