

## Klean Plant-Based Protein

### Natural Vanilla Flavor

#### DESCRIPTION

Klean Plant-Based Protein by Klean Athlete® supplies a blend of pea and organic brown rice protein to provide amino acids for muscle protein synthesis. The special features in this formula include ProHydrolase® enzymes to break down protein for increased amino acid absorption and to ease digestion, along with Sunfiber® for gastrointestinal health.‡

Klean Plant-Based Protein 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

- Support for muscle protein synthesis‡
- Support for proper digestion and utilization of protein with ProHydrolase®‡
- Supports gastrointestinal health‡

#### FUNCTIONS AND MECHANISM OF ACTION

Plant-based protein supplies essential amino acids, including branched-chain amino acids that participate in many of the body's metabolic and physiologic systems. Protein turnover in the body is continuous and can be substantial. The rebuilding of skeletal muscle that is broken down during exercise is critically important to athletes. The dynamics of this constant degradation and re-synthesis demand a daily supply of dietary protein and their constituent amino acids. Essential or indispensable dietary amino acids must be supplied by the diet, as they are not synthesized by the body. Research shows that protein and essential amino acids ingested after exercise stimulate muscle protein synthesis. Plant sources such as pea and rice can be an alternative protein source to dairy protein with similar benefits to muscle mass, thickness and strength. Athletes competing in strength training or endurance sports may require significantly more total protein from food and supplements combined, typically in ranges of 1.5-2.0 g protein/kg of body weight. ‡

Digestive enzymes support proper digestion and utilization of protein. ProHydrolase® is a blend of protease enzymes designed to break down protein quickly and efficiently into an easily absorbed form to maximize performance benefits of amino acids. In an *in vitro* study, the enzymes in ProHydrolase® demonstrated the ability to break down the rice and pea proteins in Klean Athlete® Plant Protein. Within 60 minutes, over 80% of the proteins were degraded to smaller peptides. At time 0, the protein sizes ranged from 10-100 kDa and within 90 minutes almost 90% of the protein sizes were less than 25 kDa. Smaller proteins and peptides tend to be more quickly and easily absorbed in the intestinal tract and cause less digestive discomfort.‡

Sunfiber® research has shown that as a prebiotic fiber, hydrolyzed guar gum can increase both beneficial Bifidobacteria and Lactobacillus species in the colon, supporting a healthy gut microbiota. Sunfiber® also helps moderate the glycemic index and post-prandial hunger by supporting the feeling of satiety. Hydrolyzed guar gum is well-tolerated and may not cause osmotic diarrhea due to its large molecular weight which balances the absorption of fluid in the colon. Studies also show that motility, frequency and consistency of stool is supported with daily consumption.‡

#### FORMULA (#KA57724P-720)

Serving Size 1 Scoop (approx. 36 g)

Calories.....	130
Total Fat.....	1.5 g
Total Carbohydrate.....	11 g
Dietary Fiber.....	2 g
Total Sugars.....	5 g
Includes 4 g Added Sugars	
Protein.....	20 g
Sodium (naturally occurring).....	310 mg
Iron.....	5.2 mg
Sunfiber® (partially hydrolyzed guar gum).....	2.5 g
ProHydrolase®.....	200 mg
(protease digestive enzyme blend providing 70,000 HUT)	

Other ingredients: Plant-based protein blend (pea protein isolate, organic brown rice protein), organic cane sugar, natural flavors, guar gum, stevia leaf extract (Rebaudioside A), and monk fruit extract

May contain trace amounts of soy due to agricultural practices  
Non-GMO

Sunfiber® is a registered trademark of Taiyo International, Inc.  
ProHydrolase® is a trademark of Deerland Probiotics & Enzymes, Inc.

**Typical Amino Acid Profile:**

Glutamic acid .....	3970 mg
Aspartate .....	2507 mg
Leucine.....	1722 mg
Arginine .....	1717 mg
Lysine .....	1505 mg
Phenylalanine .....	1105 mg
Proline .....	1075 mg
Serine .....	1090 mg
Valine.....	952 mg
Alanine.....	930 mg
Isoleucine .....	854 mg
Glycine.....	840 mg
Threonine.....	774 mg
Tyrosine.....	751 mg
Histidine.....	487 mg
Methionine.....	257 mg
Cysteine.....	183 mg
Tryptophan .....	175 mg

**SUGGESTED USE**

As a dietary supplement, take 1 scoop daily mixed with 10-12 ounces of water or other beverage, or as directed by a trainer, coach or health professional.

**WARNING**

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

**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 Plant Protein, 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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