

## Klean Pre-Workout

Natural Lemon Tea Flavor

### DESCRIPTION

Klean Pre-Workout provides beet root extract with nitrates combined with vitamin C and organic caffeine in a delicious lemon tea flavored drink mix in order to support athletic endurance and performance.‡

### INDICATIONS

- Support for athletic endurance and performance‡

### FUNCTIONS AND MECHANISM OF ACTION

TruBeet™ is a unique ingredient providing all-natural nitrates purely derived from beetroot. In a clinical study, supplementation with beetroot extract during metabolically taxing resistance exercise increased plasma nitrite concentrations and strengthened muscle contraction. In addition, competitive athletes who supplemented with beetroot extract increased time to exhaustion during high-intensity exercise, which led to improved stamina and endurance, and reduced oxygen consumption during submaximal exercise. Nitrate supplementation has been clinically shown to support cardiovascular function, possibly by sparing ATP and enhancing muscle kinetics.‡

Vitamin C is an essential micronutrient that supports the body's defense system by enhancing white blood cell function and activity, and promote interferon levels, antibody responses, and secretion of thymic hormones. Studies show that ascorbic acid may enhance nitric oxide activity and provide support against free radicals.‡

PurCaf® Green Coffee Bean Extract provides an organic source of caffeine, which may support enhanced performance output and training duration. Based on a systematic and meta-analysis review, the International Society of Sports Nutrition reported that caffeine is an effective ergogenic aid for endurance performance when consumed in moderate doses (3-6 mg/kg). Caffeine may exert its strength and endurance benefits by supporting muscle contraction through calcium ion mobilization and through CNS-mediated mechanisms to promote focus and alertness. Caffeine also inhibits adenosine receptors, which contribute to exercise-induced fatigue.‡

### FORMULA (#KA57755P)

Serving Size 1 Scoop (10g) or 1 sachet

Calories .....	30
Total Carbohydrate .....	7 g
Total Sugars .....	2 g
Includes 2 g Added Sugars	
Vitamin C (as ascorbic acid) .....	150 mg
Sodium (naturally occurring) .....	140 mg
TruBeet™ Beet Root Extract .....	5 g
(providing nitrates 300 mg)	
Organic Caffeine .....	75 mg
(as PurCaf® Green Coffee Bean Extract)	

Other Ingredients: Organic cane sugar, natural flavors, citric acid, malic acid and stevia leaf extract

Gluten-free, Non-GMO

TruBeet™ is a trademark of Bio-gen Extracts Private Limited

PurCaf® is a registered trademark of Applied Food Sciences, Inc.

### Suggested Usage:

As a dietary supplement, adults take 1 scoop or 1 sachet mixed into 6-8 oz of water approximately 30 minutes before exercise or as directed by a trainer, coach, or health professional.

## WARNING

Do not use if pregnant or nursing. Not intended for children or those sensitive to caffeine. The recommended dose of this product contains 75 mg of caffeine, about as much as 6 oz. of strong coffee. Monitor other sources of caffeine such as medications, foods, or beverages while taking this product. Do not exceed the recommended serving. Do not use in combination with alcohol.

## Side Effects:

No adverse effects have been reported.

## 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 Pre-Workout visit [douglasslabs.com](https://douglasslabs.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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