

Klean Collagen+C
Natural Tropical Fruit flavor

DESCRIPTION

Klean Collagen+C is a delicious drink mix that contains highly bioavailable collagen peptides combined with naturally-sourced vitamin C from organic amla fruit for joint and connective tissue support.‡

As with the entire Klean Athlete® line, Klean Collagen+C has undergone rigorous testing 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 Certified for Sport mark has undergone stringent laboratory testing to confirm content, purity and compliance.

INDICATIONS

- Supports musculoskeletal health to help optimize performance and mobility.‡
- Supports healthy cartilage and joint tissue.‡

FUNCTIONS AND MECHANISM OF ACTION

Collagen is the most abundant protein in the body, synthesized by fibroblasts, chondrocytes and osteoblasts. Our joint cartilage and ligaments are made up of 70% collagen and our tendons are 85%. These fibers are highly dense triple helix alpha-chains of amino acids with ~ 1000 amino acid residues per chain. Intact collagen has a tightly-bound protein structure and is hard to digest, but when broken down to its hydrolyzed (peptide) form it is easily absorbed in the intestinal tract. Collagen and gelatin are derived from the same source, so they have identical amino acid profiles, which include essential and non-essential amino acids glycine, glucosamine, hydroxyproline and proline. Collagen peptides promote healthy connective tissue. Several in vitro studies demonstrate that collagen peptides, when present in the blood, will reach the connective tissues. These peptides appear in the targeted tissues ~1-2 hours after ingestion. Research shows that supplemental collagen peptides help maintain cartilage health by promoting cartilage regeneration and offer protection for connective tissue by supporting healthy collagen production.‡

Vitamin C, in combination with the amino acids proline and glycine found in collagen has been studied for its synergistic effects on the production of collagen after exercise.‡

FORMULA (#KA57768P-334)

1 scoop, Approx. 16.7 g contains:

Calories	60
Total Carbohydrate.....	1 g
Total Sugars	<1 g
Includes <1g Added Sugars	
Protein.....	14 g
Vitamin C (from organic amla fruit extract).....	50 mg
Hydrolyzed collagen (from bovine*).....	14 g

Other ingredients: Natural mango, pineapple and other natural flavors, citric acid, monk fruit extract, beta-carotene (for color).

*Bovine collagen is sourced from cattle in Argentina that graze freely on the natural grasslands.

Non-GMO, Gluten Free

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Typical Amino Acid profile per serving:

Glycine.....	3495 mg
Proline.....	2055 mg
Hydroxyproline.....	1845 mg
Glutamic acid.....	1500 mg
Alanine.....	1260 mg
Arginine.....	1155 mg
Aspartic acid.....	675 mg
Serine.....	510 mg
Lysine*.....	495 mg
Leucine*.....	390 mg
Valine*.....	330 mg
Threonine*.....	280 mg
Phenylalanine*.....	240 mg
Hydroxylysine.....	225 mg
Isoleucine*.....	180 mg
Histidine*.....	135 mg
Methionine*.....	135 mg
Tyrosine.....	90 mg

*Essential amino acid

SUGGESTED USE

As a dietary supplement, adults take 1 scoop daily dissolved in 8-10 oz of liquid, or as directed by a coach, trainer or health professional.

SIDE EFFECTS

No adverse side 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 Athlete® Collagen+C 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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