

## Klean Isolate

Natural Strawberry Flavor

### DESCRIPTION

Klean Isolate by Klean Athlete® is an NSF Certified for Sport® supplement that supplies 20 grams of high-quality whey protein isolate in a delicious natural strawberry-flavored powder. Klean Isolate can easily be added to any beverage to enhance daily protein and amino acid intake.‡

Klean Isolate 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 Certified for Sport® mark has undergone stringent laboratory testing to confirm content, purity and compliance.

### INDICATIONS

- Supports lean muscle mass and body strength‡

### FUNCTIONS

The dietary protein provided by whey protein isolate 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, and 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.‡

Athletes undertaking 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.‡

### FORMULA (#KA57775P-508)

Serving Size: 1 scoop (approx. 25.4 grams)

Servings Per Container approx. 20

Amount Per Serving

Calories .....	100
Total Carbohydrate.....	2 g
Total Sugars.....	<1 g
Protein.....	20 g
Calcium .....	120 mg

Other Ingredients: Whey Protein Isolate (milk), natural flavors, stevia leaf extract, citric acid, beet powder (color), monk fruit extract.

Contains: Milk

## SUGGESTED USE

As a dietary supplement, adults 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

Lemon, PW. [In Process Citation]. J Am Coll Nutr 2000;19:513S-521S.

Rankin, JW. Clin Sports Med 1999;18:499-511, vi.

Ritz, P. Eur J Clin Nutr 2000;54:S21-S25.

Tarnopolsky, MA. Curr Opin Clin Nutr Metab Care 1999;2:533-7.

Young, VR, Borgonha, S. Nutr 2000;130:1841S-9S.

Børsheim, et al. Am J Physiol Endocrinol Metab 283: E648–E657, 2002.

**For more information on Klean Whey Isolate, 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  
Klean Athlete  
112 Technology Drive  
Pittsburgh, PA 15275  
855-255-5326  
[kleanathlete.com](http://kleanathlete.com)



©2022 Klean Athlete®. All Rights Reserved.