

The Foundation products are designed for everyday use, to help athletes live healthy, train smart and be at their best.‡

	Serving Size	Daily	Pre-Activity (15-30 mins)	During Activity	Post-Activity (15-45 mins)	With Food
FOUNDATION[^]						
KLEAN-C	1 TABLET	✓				
KLEAN-D 125 MCG (5,000 IU)	1 TABLET	✓				✓
KLEAN-D 25 MCG (1,000 IU)	1-2 TABLETS	✓				✓
KLEAN MAGNESIUM	1 CAPSULE	✓				
KLEAN MULTIVITAMIN	2 TABLETS	✓				✓
KLEAN OMEGA	1 SOFTGEL	✓				✓
KLEAN PROBIOTIC	1-2 CAPSULES	✓				

The Performance products ensure that athletes have the tools on hand that they need to keep pace.‡

		Daily	Pre-Activity (15-30 mins)	During Activity	Post-Activity (15-45 mins)	With Food
PERFORMANCE[^]						
KLEAN BCAA + PEAK ATP [®]	1 SCOOP		✓			
KLEAN COLLAGEN+C	1 SCOOP	✓	✓			
KLEAN CREATINE	1 SCOOP		✓		✓	
KLEAN ELECTROLYTES	1-3 CAPSULES		✓	✓	✓	
KLEAN ENDURANCE	1-3 CHEWS		✓	✓	✓	✓
KLEAN ESSENTIAL AMINOS + HMB	1 SCOOP	✓				
KLEAN HYDRATION	1 SCOOP OR 1 SACHET		✓	✓	✓	
KLEAN ISOLATE	1 SCOOP OR 1 SACHET	✓			✓	
KLEAN RECOVERY	1-2 SCOOPS OR 1 SACHET				✓	
KLEAN SR BETA-ALANINE	2 TABLETS	✓	✓			

The Specialty products are designed to provide focused nutrition to keep athletes in the zone.‡

		Daily	Pre-Activity (15-30 mins)	During Activity	Post-Activity (15-45 mins)	With Food
SPECIALTY[^]						
KLEAN ANTIOXIDANT	3 CAPSULES	✓				✓
KLEAN FOCUS [®]	3 CAPSULES	✓				✓
KLEAN MELATONIN	2 SPRAYS	✓				

These are general recommendations. Please be sure to consult your physician before taking this or any other product. Where multiple supplements are suggested, please note that the athlete may not require all of them.