

Klean Cognitive™

DESCRIPTION

Klean Cognitive™ by Klean Athlete™ is a NSF Certified for Sport® supplement that provides a unique combination of ingredients to help support brain health and mental clarity, focus, and acuity for optimal athletic performance.

Klean Cognitive™ contains the patented combination of Acetyl-L-Carnitine, and Lipoic Acid that has been the focus of research by Dr. Bruce Ames and an award-winning team of scientists at the University of California, Berkley. This patented, scientifically researched combination** supports healthy gene expression and mitochondrial function in the brain.†

Klean Cognitive™ also contains Lutein, Alpha-GPC, and a phytonutrient fruit blend. While Lutein has traditionally been associated with eye health, emerging research is demonstrating that Lutein may play an important role in maintaining proper brain health. Alpha-GPC converts to acetylcholine, an important neurotransmitter that plays a role in cognition. A powerful blend of fruits is added to this formula for powerful antioxidant capacity to help fight free radical stress and support normal brain function. †

FUNCTIONS

The combination** of Acetyl-L-Carnitine, and alpha Lipoic Acid has been studied to support mitochondrial function. † This composition also activates the transport of nutrients into the mitochondria, where they are transformed into a specific chemical form of energy (ATP). The captured energy is used to run the cellular machinery for such activities as brain function and neurotransmission.

Acetyl-L-Carnitine contributes its acetyl group to the production of acetylcholine, the primary neurotransmitter for memory and thought. Research has also found that Acetyl-L-Carnitine is active in optimizing the functioning of cerebral blood flow, as well as of nerve cell membranes.† Alpha-GPC, also called alpha-glycerophosphocholine, is thought to support memory and cognitive function because it increases plasma levels of choline, and therefore also increases production of acetylcholine and phosphatidylcholine. Alpha-GPC is a precursor to membrane phospholipids. Therefore, Alpha-GPC may help neuronal functioning by improving neuronal membrane fluidity†. Lutein is a common carotenoid found in spinach and green leafy vegetables that transports across the blood-brain barrier and accumulates in the macula and neural tissues. A clinical trial with 12 mg of Lutein supplementation resulted in improved cognitive test results in elderly women.† Berries are high in antioxidants and it is well documented that blueberries and fruit flavanoids play a significant role in memory support and a healthy aging brain.†

Klean Cognitive™ 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

Klean Cognitive™ may be a useful dietary supplement for individuals who desire a patented, scientifically researched combination of nutrients plus antioxidants to support healthy aging and cognition.

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FORMULA (#KA201308)

Serving size 3 vegetarian capsules

Biotin	300 mcg
Acetyl L-Carnitine HCl**	1,000 mg
Alpha Lipoic Acid**	400 mg
Alpha-GPC	100 mg
(L-Alpha-glycerolphosphorylcholine)	
VitaBerry® Fruit Blend.....	100 mg
Grape (<i>Vitis vinifera</i> , fruit), Grape Seed Extract (<i>Vitis vinifera</i> , seed), Wild Blueberry (<i>Vaccinium angustifolium</i> , berry), Wild Blueberry Extract (<i>Vaccinium angustifolium</i> , whole fruit), Raspberry (<i>Rubus idaeus</i> , berry), Raspberry Seed (<i>Rubus idaeus</i> , seed) Concentrate, Cranberry (<i>Vaccinium acrocarpon</i> , berry), Prune (<i>Prunus domestica</i> , fruit), Tart Cherry (<i>Prunus cerasus</i> , fruit), Wild Bilberry (<i>Vaccinium myrtillus L.</i> , whole fruit), Wild Bilberry Extract (<i>Vaccinium myrtillus L.</i> , whole fruit), Strawberry (<i>Fragaria virginia</i> , whole fruit).	
Lutein.....	12 mg

Other ingredients: Hydroxypropyl methylcellulose (vegetarian capsule), cellulose, calcium carbonate, vegetable stearate, and silica.

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SUGGESTED USE

Adults take 3 capsules daily with a meal, or as directed.

SIDE EFFECTS

If pregnant or lactating, consult your physician before taking this product. Alpha Lipoic Acid and Acetyl-L-Carnitine have been associated with gastrointestinal upset or skin rash in sensitive individuals.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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For more information on Klean Cognitive™, 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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