

## Klean Electrolytes™

### DESCRIPTION

Klean Electrolytes™ by Klean Athlete™ is a NSF Certified for Sport® supplement providing specific nutrients in capsule form to help replenish electrolytes and retain hydration during or after exercise.†

### FUNCTIONS

Klean Electrolytes™ supplies sodium, potassium, chloride, calcium and magnesium to help replenish electrolytes and retain hydration. Electrolytes are important for many reasons and help to maintain a normal balance of fluids within the body.† They assist in maintaining a balance of pressure between the inside and outside of cells and help to support the systems that regulate blood pressure.† Hydration and electrolyte balance are also critical to nerve and muscle function. For example, muscle contraction is dependent upon the presence of calcium, sodium, and potassium. Electrolytes lost during exercise, particularly workouts that are long lasting or strenuous, can lead to fatigue, dehydration, and muscle cramps. Athletes exercising in extreme heat or humidity, or for three hours or longer continuously, risk dehydration.

Sweat rates can range from 0.3 to 2.4L per hour (roughly a half pound to 5 pounds per hour). To determine your sweat rate, weigh yourself before and after running; each pound lost equates to ~2 cups of fluid. Although individual concentrations will vary widely, one pound of sweat contains approximately 80-100mg of potassium and 400-700mg of sodium.

Klean Electrolytes™ and the entire Klean Athlete™ line have undergone rigorous testing by 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

Klean Electrolytes™ is indicated for athletes that require supplemental electrolytes for hydration to help achieve optimal performance.

### FORMULA (#KA201390)

Serving Size: 1 vegetarian capsule

Amount Per Serving:

|  |       |
|--|-------|
| Vitamin B-6 (Pyridoxal-5-phosphate)..... | 7 mg  |
| Calcium (as Calcium Chelate) .....       | 25 mg |
| Magnesium (as Magnesium Chelate).....    | 25 mg |
| Sodium (as Sodium Chloride).....         | 40 mg |
| Potassium (as Potassium Chelate) .....   | 25 mg |
| Chloride (as Sodium Chloride) .....      | 60 mg |

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

### SUGGESTED USE

As a dietary supplement, take one to three capsules prior to, during, and after workouts or as directed.

The following are merely guidelines and one should consult with a coach or health professional for individualized dosing:

Weight <135 lbs: 1 capsule per hour during activity, 1 capsule after activity

Weight 135-200 lbs: 1 capsule prior to activity, 1-2 capsules per hour of activity, 1-2 capsules after activity

Weight >200 lbs: 1 capsule prior to activity, 2-3 capsules per hour of activity, 2 capsules after activity

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\*Can double dose during extreme humidity or increased sweat rate

### SIDE EFFECTS

No adverse effects have been reported.

Caution: Excess consumption of electrolytes may cause muscle cramping or diarrhea.

### STORAGE

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

**For more information on Klean Electrolytes™, 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.

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