Klean Endurance™
D-Ribose Chews

DESCRIPTION
Klean Endurance™ by Klean Athlete™ is a NSF Certified for Sport® all natural D-Ribose chewable supplement clinically proven to help restore and replenish core energy. D-Ribose is a natural pentose sugar that creates ATP for the support of fatigue, energy production, and mitochondrial function†. Klean Endurance chewable tablets are sweetened naturally and contain natural orange/vanilla flavoring.

Klean Endurance™ 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.

FUNCTIONS
Klean Endurance contains pure D-Ribose, a safe and clinically researched ingredient that supports the natural way our bodies produce adenosine triphosphate (ATP), the energy currency of the cell. †. Our bodies must have an adequate supply of d-ribose to form major cellular constituents such as our genetic material (DNA and RNA), numerous cofactors, certain vitamins, and, importantly, adenosine triphosphate (ATP).

D-Ribose accentuates the body's natural process of energy synthesis. It helps to reduce the loss of energy during stress and accelerates energy and tissue recovery.† Through this action, D-Ribose helps muscles regenerate lost energy and potentially minimizes any physiological consequences of this energy depletion situation. Energy depletion contributes to a variety of consequences that may negatively impact muscle performance or how we feel after exercise. The loss of energy in muscles directly contributes to the common symptoms of stiffness, soreness, weakness, and pain due to exercise†. Protein synthesis, of vital importance to athletes, can also be affected.

The effect of D-Ribose administration on exercise performance has been examined. In a four-week study involving recreational body builders, ribose was given to determine its effect on body composition and exercise performance. While there was no difference in pre/post exercise body composition between the ribose and placebo groups, the ribose group showed significantly greater gains in both muscle strength and endurance†. D-Ribose administration has also been shown to increase exercise tolerance and performance with decreased muscle stiffness, pain, and fatigue.†

INDICATIONS
Klean Endurance is a useful dietary supplement to help the athlete restore energy, support cardiac function and reduce muscle stiffness, soreness, and fatigue. †

FORMULA (#KA201245)
Serving Size 1 Chewable Tablet
Servings Per Container 90
Amount Per Serving
Calories 10
Total Carbohydrates..... 2 g
Sugars (from D-Ribose)..... .1.67 g
Sugar Alcohol ..... 0.5 g
D-Ribose..... 1.67 g

Other ingredients: Xylitol, cellulose, hydroxypropylcellulose, natural orange and vanilla flavors, citric acid, mannitol, vegetable stearate, stearic acid, natural palm wax(*Copernicia prunifera*), and silica.

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SUGGESTED USE
Take 1-3 chewable tablets just before (within 15-30 minutes), during activity (1-3 chews every 60 minutes) and just after physical activity. Best taken with a food or a sugar/glucose source to prevent low blood sugar from occurring

CAUTIONS: Mild, transient hypoglycemia may occur if taken on an empty stomach. Insulin dependent diabetics and pregnant women should consult their physician before use. Although D-ribose is a pentose sugar, it does not raise blood sugar levels. D-ribose is rapidly and readily (~95%) absorbed with peak blood levels found within 30 – 45 minutes after ingestion.

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

SIDE EFFECTS
No adverse effects have been reported.

REFERENCES
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For more information on Klean Endurance™ 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.

Manufactured by
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klean ATHLETE NUTRITIONAL SUPPLEMENTS

NSF Certified for Sport

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