

## Klean Recovery™

### DESCRIPTION

Klean Recovery™ by Klean Athlete® is a delicious milk chocolate-flavored powder formulated with the athlete's recovery in mind. Providing a 4:1 ratio of carbohydrates to protein, Klean Recovery supports optimal glycogen uptake and muscle protein synthesis immediately after a workout or competition. ‡

Klean Recovery™ 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 muscle recovery after exercise ‡
- Provides nutrients for optimal glycogen replacement ‡

### FUNCTIONS AND MECHANISM OF ACTION

Nutrient timing is crucial to an athlete's recovery and muscle tissue repair following endurance or resistance exercise. Intense, prolonged exercise depletes muscle and liver stores of glycogen; subsequently, muscle tissue may be used as a fuel source. Muscle protein synthesis is stimulated in the recovery period after resistance exercise; however, the rate of muscle protein breakdown also increases, thereby blunting the change in the net balance between synthesis and breakdown. Post-exercise, muscles move from the catabolic mode to the critical anabolic phase, which depends on the action of insulin and nutrient utilization during the first 30–45 minutes. The results of several studies in animals and humans suggest that post exercise muscle glycogen storage can be enhanced with a carbohydrate-protein supplement as a result of the interaction of carbohydrate and protein on insulin secretion. Protein synthesis was shown to be three times greater with a carbohydrate-protein supplement immediately after exercise versus 3 hours later. Athletes may require significantly more total protein from food and supplements combined, typically ranging from 1-1.5 g protein/ kg of body weight. Whey protein contains all essential amino acids, including branched-chain amino acids, while being very low in lactose and fat, making it more tolerable for some individuals. The International Society of Sports Nutrition's position on nutrient timing suggests that a carbohydrate to protein ratio of 3–4:1 supports glycogen re-synthesis during acute and subsequent bouts of endurance exercise. ‡

### FORMULA (#KA57695P)

Serving Size 1 heaping scoop or 1 sachet (approx. 54.6 g)

Amount Per Serving:

Calories .....	210
Total Fat .....	0.5 g
Total Carbohydrate.....	40 g
Dietary Fiber .....	1 g
Sugars.....	39 g
Includes 38 g Added Sugars	
Protein .....	10 g
Calcium .....	65 mg
Iron .....	1.2 mg
Potassium.....	210 mg

#### Amino Acid Profile:

L-Alanine .....	580 mg
L-Arginine .....	475 mg
L-Asparagine.....	1,155 mg
L-Cystine .....	145 mg
L-Glutamine.....	1,410 mg
L-Glycine .....	650 mg

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L-Histidine .....	185 mg
L-Isoleucine .....	470 mg
L-Leucine.....	815 mg
L-Lysine.....	755 mg
L-Methionine .....	210 mg
L-Phenylalanine.....	325 mg
L-Proline .....	700 mg
L-Serine.....	465 mg
L-Threonine .....	575 mg
L-Tryptophan .....	135 mg
L-Tyrosine.....	240 mg
L-Valine.....	465 mg

**Other Ingredients:** Dextrose (from tapioca), fructose, whey protein isolate (from milk), Dutch process cocoa, natural flavors and sunflower lecithin. **Contains:** MILK

**Gluten-free, Non-GMO**

## SUGGESTED USE

Mix one scoop or one sachet with 10 to 12 ounces of water and consume within 20 minutes post-exercise or competition, or as directed by a trainer, coach, or healthcare professional.

The following are guidelines. One should consult with a coach, trainer, or health professional for individualized dosing:

- Weight <170 pounds (77 kg): Take 1 scoop or sachet post-exercise
- Weight 170-240 pounds (77-109 kg): Take 1.5–2 scoops or sachets post-exercise
- Weight >240 pounds (109 kg): Take 2 scoops or sachets post-exercise

## SIDE EFFECTS

No adverse side effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

## REFERENCES

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**For more information on Klean Recovery™, 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.

## Klean Recovery™

Manufactured for  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
855-255-5326



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