

## Klean B-Complex

### DESCRIPTION

Klean B-Complex by Klean Athlete® is a combination of essential B vitamins to support energy production, cardiovascular function, and normal cellular functions of the physically active athlete.‡

Klean B-Complex 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

- Support for energy production‡
- Cardiovascular and cellular support‡

### FUNCTIONS AND MECHANISM OF ACTION

B vitamins play an important role in maintaining the health of physically active individuals. B-complex vitamins are involved in nearly all physiological systems in the body, including energy production, hemoglobin synthesis, and building and repair of muscle tissue. As metabolic coenzymes in energy-producing pathways, B vitamins are essential to basal mitochondrial function, including nutrient metabolism and the formation of adenosine triphosphate (ATP). Folate and vitamins B<sub>6</sub> and B<sub>12</sub> have been shown to support healthy cardiovascular function by mediating carbohydrate and lipid metabolism, and by participating in hemoglobin synthesis to generate new cells — such as red blood cells — and repair damaged cells. Folate, vitamin B<sub>12</sub>, choline and riboflavin are fundamental for normal cellular functions, including DNA and RNA synthesis. In addition, B vitamins have key supportive roles in tissue integrity, modulation of neurotransmitters, and neurological health.‡

Klean B-Complex provides Metafolin®, the naturally occurring, universally metabolized form of folate for optimal absorption. Metafolin® is chemically identical to the active folate metabolite 5-methyltetrahydrofolate (L-5-MTHF), the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all the benefits of folic acid.

### FORMULA (#KA202600)

Serving Size 1 Vegetarian Capsule:

Thiamine (as thiamine HCl) (B <sub>1</sub> ) .....	25 mg
Riboflavin (as vitamin B <sub>2</sub> and riboflavin-5-phosphate (activated B <sub>2</sub> )) .....	15 mg
Niacin (as niacinamide) .....	50 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and pyridoxal-5-phosphate (activated B <sub>6</sub> )) ..	50 mg
Folate (as Metafolin®, L-5-MTHF) .....	1,333 mcg DFE
	(800 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as adenosylcobalamin and hydroxycobalamin) .....	800 mcg
Biotin .....	400 mcg
Pantothenic Acid (as calcium pantothenate) (B <sub>5</sub> ) .....	100 mg
Choline (as choline bitartrate) .....	40 mg
Inositol .....	25 mg
BenfoPure® Benfotiamine .....	3 mg

Other ingredients: Hydroxypropyl methylcellulose (vegetarian capsule), microcrystalline cellulose, ascorbyl palmitate

Gluten-free, Non-GMO

## SUGGESTED USE

Adults take 1 capsule daily with a meal or as directed by a trainer, coach, or health professional.

## WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

## 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 B-Complex, 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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