

Athletic Performance & Recovery Protocol[‡]

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol incorporates key products from Klean Athlete®, one of Pure Encapsulations® partner brands. Klean Athlete is our dedicated sports nutrition brand designed to power peak performance through optimal health. By harnessing the science of sports nutrition, Klean Athlete delivers safe, NSF Certified for Sport® supplements to support healthy, active lifestyles. Klean Athlete is trusted by over 350 professional and collegiate sports teams, and is the preferred brand of many of the world's top coaches, trainers and health professionals.†



FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following supplements to support foundational health:‡

- [Athletic Nutrients](#) (ATN21)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Magnesium \(glycinate\)](#) (MG1 / MG3 / MG9)

FOCUSED SUPPORT

The products in this category support common clinical objectives related to athletic performance and recovery. Choose from the options listed below:‡

CLINICAL OBJECTIVE [‡]	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Recovery	Symptom survey	<p>WheyBasics (Order code: WBV4) Highly purified, cold-pressed, undenatured whey protein isolate providing 21 grams of protein per serving</p> <p>L-Glutamine powder (Order Code: LGP) Supports mucosal lining and healthy functioning of the gastrointestinal tract, as well as lean muscle mass[†]</p> <p>CurcumaSorb (Order Code: MCU1) Highly bioavailable curcumin phytosome, Meriva®, supports joint, tissue and cellular health[†]</p>	<p>1 scoop with water, milk or juice. Shake, stir or blend until smooth</p> <p>1 heaping scoop mixed with water or juice, 1-3 times daily, between meals</p> <p>2 capsules, 1-3 times daily, between meals</p>
Performance	Symptom Survey, Performance Monitoring	<p>BCAA powder (Order Code: BCAP) Promotes muscle function during exercise and supports lean muscle mass[†]</p> <p> Klean Creatine (Order Code: KA57692P-315) 5 g of pure creatine monohydrate to support muscle strength, performance and recovery[†]</p>	<p>1 scoop daily, mixed with 10 oz of water or juice</p> <p>1 scoop daily with 8 oz of water or beverage of choice. Refer to product information for specific dosing recommendations.</p>
Hydration	Symptom Survey, Performance Monitoring	<p>Electrolyte/Energy formula (Order Code: EEF3) Supports hydration, stamina and electrolyte repletion[†]</p> <p> Klean Hydration (Order Code: KA57694P) Hydration drink mix to support the replacement of fluid and electrolytes[†]</p>	<p>1 scoop mixed in 8-10 oz water, 20 minutes before intense exercise</p> <p>1 scoop/sachet mixed in 8 oz of water</p>



Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable® is a trademark of Indena S.p.A.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

ADDITIONAL CONSIDERATIONS

The products in this category offer alternative and added support for athletic performance and recovery. Choose from the options listed below.†

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Soft-Tissue Health	Symptom Survey	<p>Ligament Restore† (Order Code: LR1/ LR2) Helps maintain healthy tendons, ligaments and joints†</p> <p>Muscle Cramp/Tension Formula (Order Code: MCT1/ MCT6) Helps lessen occasional nighttime or exercise-related leg muscle cramps and ease muscle tension†</p> <p> Klean Collagen+C (Order Code: KA57769P-304) An unflavored drink mix containing easily absorbable collagen peptides and naturally sourced vitamin C to support joint and connective tissue†</p>	<p>2 capsules, 2 times daily, with 8-10 oz water, with meals</p> <p>2 capsules, 1-2 times daily, with or between meals</p> <p>1 scoop daily dissolved in 8-10 oz of liquid</p>
Stress Management	Salivary Cortisol, Symptom Survey	<p>Daily Stress Formula† (Order Code: DSF1/ DSF9) Broad-spectrum formula designed to promote mental relaxation and moderate the effects of occasional stress†</p>	3 capsules daily, with or between meals
Cellular Energy	Symptom Survey	<p>Mitochondria-ATP (Order Code: MATP31) Now with NMN; Supports cellular energy and mitochondrial health†</p> <p>Ribose powder (Order Code: RI2) Promotes energy repletion for intense exercise†</p> <p> Klean Pre-Workout (Order Code: KA57755P-200) Free of artificial colors and flavors and uniquely formulated with beet root extract, vitamin C and organic caffeine to support athletic endurance and performance†</p>	<p>2 capsules, 2 times daily, with meals</p> <p>1 heaping scoop, 1-2 times daily, with or between meals</p> <p>1 scoop mixed into 6-8 oz of water approximately 30 minutes before exercise</p>

Available for download at PureEncapsulationsPro.com/Protocols

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The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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