

Clean Sport®

REACH YOUR FULL POTENTIAL NATURALLY

Clean Sport® SUPPORT: A Fitness Enhancer for Optimal Athletic Performance

CLEAN SPORT® is a sports nutraceutical line of supplements developed to assist athletes in their quest to reach optimal performance naturally. **SUPPORT**, the latest Clean Sport® formulation, was created to enhance fitness efforts at every level of performance, from beginner to expert.

CLEAN SPORT® SUPPORT is a unique blend of nutrients with adaptogenic properties that support a reduction in fatigue while assisting in muscle gain, increasing focus, boosting energy, and improving stamina. In addition, **CLEAN SPORT® SUPPORT** provides reinforcement for quicker recovery and assistance with:

- Improved weight loss and fat burning.
- Improved focus, concentration and cognitive function.
- Increased maximal aerobic power.
- Improved immunity and bone health.
- Promoting muscle strength and increasing muscle size.
- Boosting the effectiveness of cardio-vascular training.
- Promoting heart health and improving circulation.
- Boosting the effectiveness of cardio-vascular training.
- Assisting hormone production and weight normalization.

Recent nutritional studies have demonstrated the significant health and performance value of using various combinations of **vitamins, herbs, antioxidants, and natural stimulants** for fitness advancements. This combination of ingredients has well researched properties that can assist athletes regardless of their size, age, gender or performance ability.

Clean Sport® **SUPPORT** was created as a stand-alone supplement to assist individuals seeking to improve their overall fitness naturally or to be taken in conjunction with other athletic supplements to further enhance physical performance.

MULTI-DIMENSIONAL HEALTH and PERFORMANCE BENEFITS

This all natural approach maximizes multi-dimensional health and performance benefits for every fitness level.



PERFORMANCE SPECIFIC BLEND

This unique blend of Rhodiola Rosea, Aceyl L-Carnitine (ALCAR), Vitamin K2 (MK-7) and Vitamin D3 (Cholecalciferol) work synergistically to mitigate the temporary physical effects of vigorous exercise while promoting improvements in exercise capacity and endurance.

FOCUS

ENDURANCE

FITNESS

ENERGY

STAMINA

A Fitness Enhancer for Optimal Athletic Performance

RHODIOLA ROSEA (*R. rosea*): Due to its adaptogenic properties, rhodiola rosea has been studied for its performance-enhancing capabilities and alleviation of mental fatigue. More recently *R. rosea* has received attention from the scientific community for its therapeutic capacity as an adaptogen. Adaptogens are natural herbal products which are non-toxic in normal doses and have a normalizing physiologic influence. Common indications pertaining to the adaptogenic and ergogenic capacity of *R. rosea* include performance enhancement, fatigue reduction and alleviation of depression symptoms.

ACETYL L-CARNITINE (ALCAR): ALCAR, a modified version of Carnitine, is much more active and has higher bioavailability. L-Carnitine is required for mitochondrial β -oxidation of long-chain fatty acids for energy production. Besides turning fat into energy, Acetyl-L-Carnitine (ALCAR) has been shown in clinical studies to benefit cognitive ability, memory and mood. It is generally considered one of the best options for those seeking a natural supplement to enhance energy, mood, memory and clarity.

VITAMIN D3 (Cholecalciferol): Over 40% of adults in America are Vitamin D deficient. Your bones, heart, brain, muscles and immune system all require sufficient Vitamin D to function optimally. Vitamin D3 (as Cholecalciferol) plays a unique role in helping to regulate neurotransmitter balance in the brain, and therefore, mood and outlook, while working with your body to modulate immune activity. Vitamin D3's natural partner is Vitamin K2; together they assist in the correct utilization of calcium.

VITAMIN K2 (as Menaquinone 7 or MK-7): According to a recent study, supplementing with Vitamin K2 may boost the output of the heart by 12% in male and female athletes. This directly impacts exercise endurance capacity, thus, maximizing fitness efforts.

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SUPPLEMENT FACTS

Serving Size: 2 Vegetarian Capsules
Servings Per Container: 30

Amount Per Serving	% Daily Value*	
Vitamin D3 (as Cholecalciferol)	2000IU	500%
Vitamin K2 (as Menaquinone-7) (MK-7)	200mcg	166.67%
Acetyl L-Carnitine HCL	1000mg	**
Rhodiola Rosea (std. to 3% Rosavins, NLT 1% Salidrosides)	200mg	**

*(DV) Daily Value Based on a 2000 calorie diet.
**Daily Value (DV) not established

OTHER INGREDIENTS: Rice Flour, Cellulose (Capsule)

SUGGESTED USAGE

Clean Sport® SUPPORT is for all levels of fitness including those just beginning a more active lifestyle to the fitness enthusiast seeking to maximize their efforts. Suggested protocols are:

As a DAILY Fitness Enhancer

- Take 2 - 4 capsules once daily in the morning on an empty stomach

As a WORKOUT Enhancer

- Take 2 - 4 capsules 15-20 minutes before a workout on an empty stomach

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.

FOCUS	ENDURANCE	FITNESS	ENERGY	STAMINA
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