

CLA

PRODUCT INFO SHEET



Description

CLA provides cardiovascular support.

Ingredients

CLA (conjugated linoleic acid) is an omega-6 fatty acid. It can be found naturally in dairy products and in the meat of ruminant animals such as beef cattle. There has been a decrease of CLA in the American diet due to the decreased intake of foods high in fat.

There are many studies on the beneficial effects of CLA. CLA has most widely been studied for its ability to reduce body fat and increase muscle tone. Studies have found when used with a healthy diet and exercise, CLA has increased the amount of fat lost and increased muscle tone compared to those not taking CLA.

There are two main isomers of CLA, cis 9 trans 11 and cis 12 trans 10. The cis 12 trans 10 is generally accredited with CLA's ability to increase muscle tone and reduce body fat.

Supplement Facts

Serving Size: 1 Soft Gel Capsule
Servings Per Container: 180

1 soft gel capsule contains	Amount Per Serving	% Daily Value
Calories	9	
Total Fat	1 g	<2%
Total Carbohydrates	0 g	0%
Protein	0 g	0%
Conjugated Linoleic Acid	780 mg	*

* % Daily Value not established

Other Ingredients: Conjugated Linoleic Acid from Safflower Seed Oil, Gelatin, Glycerin, Water and Caramel Color.

ID #436090 ~ 90 Soft Gel Capsules
ID #436180 ~ 180 Capsules



Dosage

SUGGESTED USE: 1 soft gel capsule three times per day or as recommended by your health care professional.

Contraindications

If you are pregnant or nursing, consult your physician before taking this product.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.