

CLA



DISCUSSION

CLA is a pure form of Conjugated Linoleic Acid (CLA) derived from non-GMO safflower oil. The yield of CLA ranges from 78-84%, with an average of 80% CLA. Clinical trials have demonstrated that 3,000 mg of CLA per day may reduce body fat while increasing lean muscle mass.* Animal and human studies have also demonstrated its many benefits for weight management and cardiovascular health, as well as for immune function, stress-catabolic response and bone health.* The t-10,c-12 isomer has been shown to be important in reducing fat mass and enhancing immune response, while the c-9,t-11 isomer appears to lower triglyceride levels.*

SUPPLEMENT FACTS

One Softgel Contains:

Calories	10
Calories from Fat	10
Conjugated Linoleic Acid Concentrate	1,000 mg
(78% CLA) (from safflower seed oil)	



Other Ingredients: Gelatin, vegetable glycerin, purified water, carob extract, mixed tocopherols (from soy), titanium dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial colors or sweeteners.

Directions: Take one softgel twice per day with food or as directed by your healthcare practitioner.



*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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