



CLA

Tonalin - CLA

(Conjugated Linoleic Acid)

What is CLA?

CLA is an omega 6 fatty acid that was first discovered in the early 80s that continues to be studied for its diverse applications in promoting good health. CLA is made through a proprietary process that converts the linoleic acid derived from safflower oil into conjugated linoleic acid.

How does it work?

Studies have shown that CLA inhibits lipoprotein lipase, an enzyme that breaks down fat from our diet so that it can be absorbed and stored in the body. By suppressing this enzyme, CLA helps reduce the amount of fat deposited and stored throughout the body.

To summarize, studies have shown that CLA reduces body fat in four ways:

- By decreasing the amount of fat that is stored after eating
- By increasing the rate of fat breakdown in fat cells
- By increasing the rate of fat burning
- By decreasing the total number of fat cells

What is CLA made of?

CLA is made through a proprietary process that converts linoleic acid from safflowers into conjugated linoleic acid. Safflower is the best source of linoleic acid. Taking CLA in supplement form is necessary since it is exceedingly difficult to obtain an optimal level through diet as a result of dietary changes in both humans and animals. Ruminant animals, like cows, have a special digestive system that converts linoleic acid into CLA, and so we would receive CLA by eating beef and dairy foods. However, changes during the past 30 years in how cattle are raised (grain fed vs. grass fed) coupled with the trend toward low-fat dairy have drastically reduced the amount of CLA humans acquire through diet.

Is CLA safe and are there any side effects?

CLA is safe and effective. No adverse side effects have been observed with the recommended dose. Unlike many body management supplements, CLA does not contain any natural or artificial stimulants. CLA is safe and has many other equally important health benefits that make it a sound supplement choice for better overall health.

What is the history of CLA?

CLA was first identified at the University of Wisconsin-Madison in the early 1980s by Dr. Michael Pariza, after several years of studying an extract from beef and dairy fats that demonstrated anti-cancer properties. This initial research showed how CLA helps reduce body fat and increase lean muscle tissue. Since this initial finding, a surge of scientific studies and research have identified many other beneficial health properties with CLA. Over the past two decades more than 200 studies have been published illustrating numerous health applications for CLA.

Are there any other health benefits of CLA?

Research shows CLA may promote overall well-being in other areas that are currently being studied worldwide. Animal studies suggest CLA may enhance the immune system as well as protect against catabolic effects of immune stimulation. Initial animal studies have also suggested that CLA may aid in the maintenance of blood glucose and insulin.

CONTENTS	% DAILY VALUE
CLA Complex 1,000 mg (72% Conjugated Linoleic Acid)	*
Vitamin E (di-alpha toc.) – 5 IU 17% *Daily Value not established.	*

Serving Size: 1 Soft Gelatin Capsule

Calories Per Serving - 10

Calories From Fat - 10

Total Fat - 1 g 2% Daily Value

Other ingredients: Gelatin, glycerin, and purified water.

Suggested Use: As a dietary supplement, take one to two capsules in early morning and one to two capsules late afternoon. Do not exceed 4 capsules per day.

Contains no yeast, no sugar, no starch, no artificial colors, flavors or preservatives. This product should be used in conjunction with a sensible diet and exercise program.

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.

Caution: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured in a facility that may also process milk, soy, wheat, eggs, peanuts, fish and crustacean shellfish.