Super CLA Blend with Sesame Lignans
1000 mg, 120 softgels
Item Catalog Number: 00818

Conjugated linoleic acid (CLA) refers to a group of positional and geometric isomers of linoleic acid, which are found primarily in meat and dairy products. CLA has been shown in a number of studies to have a wide variety of benefits with regards to the immune system, cardiovascular protection, blood sugar maintenance, lipid profiles and body composition.85-99

In studies that support the use of CLA in a weight loss program, the amount of CLA used varies from 1.8 to 3.4 grams per day. Those studies included:

■ A study that showed no benefits when more than 3.4 grams per day were used.93
■ Another study on human subjects that showed an increase in lean body mass over a 12 week period.94
■ A six month study on healthy or overweight adults showed CLA decreased body fat mass in specific regions of the body for all participants.96

Another six-month study on healthy overweight people showed that supplementation with CLA prevented weight gain during the holiday season.98 Modest loss in fat mass has been shown using 3.2 grams per day of CLA.99

Sesame lignans have been shown to stimulate fatty acid oxidation in the liver,100 help prevent the oxidation of CLA, and help stimulate lipolysis (fat breakdown).101

Supplement to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

References

Supplement Facts
Serving Size 3 softgel
Servings Per Container 40

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories 100</td>
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<td>Calories from Fat  100</td>
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<td>Total Fat 100</td>
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<td>CLA Blend [min. 78% conjugated linoleic acid (2340 mg)] 100</td>
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<td>Sesame seed (Sesamum indicum) lignan extract 100</td>
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Other ingredients: gelatin, glycerin, purified water, silica, lecithin, carob, rosemary extract.
Contains soybeans. Contains sesame.
This product contains NO milk, egg, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, corn, or rice.
Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

■ Take three softgels daily with meals.
■ Can be taken in divided doses or all at once.

Warnings
KEEP OUT OF REACH OF CHILDREN.
DO NOT EXCEED RECOMMENDED DOSE.
Do not purchase if outer seal is broken or damaged.
When using nutritional supplements, please consult with your
physician if you are undergoing treatment for a medical
condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product
information, contact 1-866-280-2852.

Related Keywords
Weight Loss, Fat Loss

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not stop taking any medication without first consulting your physician.