

LEAN

CLA has been demonstrated to be a fat burner and health promoting nutrient due to its effect on a genetic signaling receptor family named PPAR which is related to fat burning, steroid signaling, inflammation, and glucose/lipid metabolism.

CLA helps reduce body fat and increase lean muscle tissue. Studies demonstrate that CLA inhibits lipoprotein lipase, an enzyme which breaks down fat globules so they can be absorbed and stored as fat cells in the body. By inhibiting this enzyme, CLA helps reduce the amount of fat deposited and stored throughout your body. CLA increases lean muscle tissue while maximizing your body's fat-burning potential. This way, you lose weight in the right places.

- Weight management support
- Helps burn fat
- Shown to aid in improving lean muscle tone
- Supports lean body composition
- Supports retaining muscle while reducing body fat
- Supports a healthy immune system
- All natural safflower oil source
- Stimulant free

SCIENTIFIC SUPPORT OF CLA

Among the research most cited is a Norwegian study published in The Journal of Nutrition in 2000. It found that CLA reduced body fat and preserved muscle tissue in overweight or obese people who did not change their diet. According to the research project manager, individuals in the CLA group lost six more pounds of body fat, on average, compared to those in the placebo group.

Another study in The Journal of Internal Medicine Research said that CLA reduced body fat in healthy exercising humans of normal body weight. Research in the International Journal of Obesity showed that CLA reduced abdominal fat in obese men, and Louisiana State University scientists showed up to an 88 percent reduction in the body fat of male mice who were fed CLA over a period of six weeks.

CLA AND GENETIC TESTING

In the body, CLA increases lean muscle mass while decreasing body fats by interfering with the way the body stores fat. It also helps the body to use existing fat for energy, however it doesn't work for everyone. Many of the CLA trials have proven inconsistent and inconclusive. We now know the reason why. Your genetic makeup determines whether you will benefit from weight loss using CLA due to the fact that it directly stimulates the PPAR γ gene. Subjects whose genetic makeup includes ALA (alanine) on the PPAR gene have been shown to achieve the greatest results. Therefore, supplementing with CLA can increase the benefits of ala12 variants, decrease belly fat and increase lean muscle mass.

That's why genetic testing may be of benefit if your goals include weight loss and increasing lean muscle. Your personal genetic test will confirm whether you can benefit from adding CLA to your diet if your goal is weight loss and lean muscle development.

MY GENETIC RESULTS DON'T SHOW I NEED CLA. CAN I STILL BENEFIT FROM USING CLA?

If your genetic makeup doesn't indicate a need for CLA for weight loss, you may still benefit from taking CLA. According to Dr. Delbert Dorscheid, a cancer and asthma researcher on the faculty in Pulmonary and Critical Care Medicine at the University of Chicago, there are more than 200 published research and clinical studies worldwide on CLA's health benefits. Among the findings was that women with increased levels of CLA in their body tissue have lower breast-cancer rates. Similar findings have been reported for colon and prostate cancer. And the health benefits don't stop there: CLA has been linked to improved immune system function, as well as a decrease in cardiovascular disease, type 2 diabetes, osteoporosis and even allergies.

SUMMARY

CLA can be of benefit to anyone. It can particularly benefit to those whose diet may be lacking in this essential fatty acid, due to the types and frequency of consumption of CLA sources, such as meat, vegetable oils and dairy products. For those who have had genetic testing and have the ala12 variant, CLA can be beneficial also in weight loss and lean muscle development.



SUPPLEMENT FACTS

Serving Size: 3 capsules
Servings per container: 30

	Amount Per Serving	% Daily Value
Calories	30	
Calories From Fat	30	
Total Fat	3g	1.5%*
CLA(Conjugated Linoleic Acid)	2400mg	†
* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.		
Other Ingredients: Gelatin, Vegetable Glycerin, Purified Water, Natural Caramel Color.		

Preservative Free, Sugar Free, Lactose Free, Gluten Free
Contains: No Preservatives and No Artificial Colors or Flavors

Directions: Take 3 softgels with a meal daily.

This bottle has been sealed for your protection. Do not use if the inner seal is missing or damaged. Lot number and Best Before (BB) date stamped on the bottom of the bottle.

*These statements have not been evaluated by the Food and Drug Administration.
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