

pure
encapsulations®

CLA (Conjugated Linoleic Acid) 1,000 mg

Introduced 1997



What Is It?

CLA is a naturally occurring trans isomer of linoleic acid. It is unique in structure because of the location of the double bonds in the linoleic acid molecule. Pure Encapsulations concentrated CLA provides an average of 77% total CLA, and contains the main isomers c9,t11 and t10,c12.*

Uses For CLA

Promotes Lean Body Composition: CLA may benefit body composition and support weight control. Recent research shows that the specific isomers c9,t11 and t10,c12 play key roles in many of CLA's physiological properties. In a preliminary human study involving 60 overweight subjects, conjugated linoleic acid reduced body fat mass. Several animal studies explore possible mechanisms of CLA, including the ability to moderate fat deposition, increase lipolysis in adipocytes, reduce energy intake, increase energy expenditure and support metabolic rate.*

What Is The Source?

This product is derived from safflower oil using a patented process and is Tonalin® brand CLA. The use of CLA for nutritional purposes is covered under one or more of the following patents: 5,017,614; 5,428,072; 5,430,066. Vitamin E (d-alpha tocopherol) is derived from purified soybean oil.

Recommendations

Pure Encapsulations recommends 3-5 capsules daily, in divided doses, before meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. CLA may cause gastrointestinal upset in sensitive individuals.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

CLA 1,000 mg

each softgel capsule contains	20 sg
calories.....	10
calories from fat.....	10
total fat.....	1 g
vitamin E (as d-alpha tocopherol).....	10 iu
Tonalin® conjugated linoleic acid complex.....	1,000 mg
providing:	
pure conjugated linoleic acid (CLA).....	770 mg
other ingredients: gelatin capsule (gelatin, glycerin, water, carob)	
3-5 capsules daily, in divided doses, before meals.	

TONALIN CLA® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.