

CLA (Conjugated Linoleic Acid) 1,000mg

Support for healthy body composition[†]

INDICATIONS

- Ages 18 and up
- Healthy body composition support[†]

BENEFITS

- Promotes healthy body composition when combined with a healthy diet and exercise[†]
- Potential role in maintaining healthy fat disposition, healthy energy expenditure and a healthy metabolic rate[†]

FEATURES

- Tonalin[®] CLA contains the main isomers c9, t11 and t10, c12 in a 39:39 ratio
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

CLA (conjugated linoleic acid) is a naturally occurring trans isomer of linoleic acid, which may support fat reduction and lean body mass.¹ It is unique in structure because of the location of the double bonds in the linoleic acid molecule. Recent research shows that the specific isomers c9, t11 and t10, c12 play key roles in many of CLA's physiological properties.² Tonalin[®] CLA contains the main isomers c9, t11 and t10, c12 in a 39:39 ratio. In a preliminary human study involving 60 overweight subjects, conjugated linoleic acid supported healthy body fat mass.³ Several animal studies explore possible mechanisms of CLA, including the ability to moderate fat deposition, promote lipolysis in adipocytes, moderate energy intake, maintain healthy energy expenditure and support metabolic rate.⁴

SUGGESTED USE

As a dietary supplement, take 1 capsule, 3 times daily, before meals, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- 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

NOTES

Size 20 softgel

Bottle count 60/180

Order codes CL16/CL11

Bottle size 190 cc/20 oz

REFERENCES

1. Gaullier JM, et al. *Br J Nutr.* 2007 Mar;97(3):550-60.
2. López-Plaza B, et al. *Nutr Hosp.* 2013 Nov 1;28(6):2090-8.
3. Blankson H, et al. *J Nutr.* 2000 Dec;130(12):2943-8.
4. West DB, et al. *Am J Physiol.* 1998 Sep;275(3 Pt 2):R667-72.

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SUPPLEMENT FACTS

1 capsule, 3 times daily, before meals, or as directed by a health professional.

Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Vitamin E (as d-alpha tocopherol)	7 mg
Tonalin® conjugated linoleic acid complex	1,000 mg
Providing:	
Pure conjugated linoleic acid (CLA)	770 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water, carob)	

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

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	180	CL11
	60	CL16

Visit PureEncapsulationsPro.com for more information about our GMO policy.