



Conjugated Linoleic Acid (CLA)

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.

Recommendations

Pure Encapsulations recommends 3-5 grams per day, in divided doses, before meals. This product is available in 1,000 mg and 500 mg capsules.

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

conjugated linoleic acid	1,000 mg.
providing:	
pure conjugated linoleic acid (CLA)	770 mg.
palmitic acid.....	44 mg.
stearic acid	21 mg.
oleic acid	120 mg.
linoleic acid	13 mg.

(This plant sourced CLA is derived from safflower oil using a patented process.)

3-5 capsules per day, in divided doses, before meals.

CLA 500 mg.

each softgel capsule contains

conjugated linoleic acid.....	500 mg.
providing:	
pure conjugated linoleic acid (CLA)	385 mg.
palmitic acid.....	22 mg.
stearic acid	10.5 mg.
oleic acid.....	60 mg.
linoleic acid.....	6.5 mg.

(This plant sourced CLA is derived from safflower oil using a patented process.)

2-3 capsules before each meal.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.