



Super CLA

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

Vitamin E (mixed tocopherols)	1 IU
CLA (conjugated linoleic acid)(75%)	1000 mg

OTHER INGREDIENTS: Gelatin, glycerin, purified water, carob extract, titanium dioxide. Contains soy (from tocopherols).

SUGGESTED USE: As a dietary supplement, take 1 capsule three times per day or as directed by your healthcare professional.

REFERENCES:

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3. McCarty MF. Downregulation of macrophage activation by PPAR gamma suggests role for conjugated linoleic acid in the prevention of Alzheimer's disease. *J Med Food.* 1998; 1:217-226.
4. Moya-Camarena SY, Belury MA. Species differences in the metabolism and regulation of gene expression by conjugated linoleic acid. *Nutr Rev.* 1999; 57:336-340.
5. Pariza MW, Parks Y, Cook ME. Conjugated linoleic acid and the control of cancer and obesity. *Toxicol Sci.* 1999; 51 (2 Suppl):107-110.
6. Pariza MW, Park Y, Cook ME. Mechanisms of action of conjugated linoleic acid: evidence and speculation. *Proc Soc Exp Biol Med.* 2000; 223:8-13.
7. Pariza MW, Park Y, Kim S, et al. Mechanism of body fat reduction by conjugated linoleic acid. *FASEB J.* 1997; 11:A139.
8. Blankson H et al. Conjugated linoleic acid reduces body fat mass in overweight and obese humans. *J Nutr* 2000 Dec; 130(12): 2943-2948.
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For CLA research updates: <http://www.wisc.edu/fr/clarefs.htm>.

SUPER CLA

A HIGH QUALITY CLA FOR SUPPORT OF HEALTHY GLUCOSE METABOLISM AND HEALTHY BODY COMPOSITION

- Supports cardiovascular health
- Supports enhanced blood sugar metabolism
- Promotes healthy body fat to lean ratios

Conjugated Linoleic Acid (CLA) is a naturally occurring trans isomer of linoleic acid. The highest sources of CLA are found in beef and dairy products (ruminant meats, poultry, eggs, cheeses, milk and yogurt). Special treatment of safflower and sunflower oils can produce CLA for linoleic acid.

The exact mechanism of CLAs action is not clearly understood. This is partly due to the fact that there are several isomers of CLA each of which may have different biological effects.

CLA has shown a hypolipidemic effect on rats, mice, rabbits, chickens, hamsters and in several other animal models. Fatty plaque or atherosclerotic lesions have shown significant regression in CLA-supplemented animals. CLA's effect on lipids appears to be through its influence on specific PPAR receptors involved in lipid metabolism.

CLA appears to reduce body fat and increase lean body mass in animal models. This seems to be independent of food intake.

"This CLA makes big fat cells get little and stay that way," asserts one researcher.

In a recent preliminary study involving 60 overweight subjects, CLA reduced body fat mass.