

# Conjugated Linoleic Acid (CLA)

9081 - 90 softgels

Fat Loss & Weight Reduction

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## The Possible Benefits of CLA, a dietary supplement

- Play an important role in lean muscle formation
  - Aid fat loss and lowers body fat percentage
  - Maintain healthy blood lipids
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## Description

Conjugated linoleic acid (CLA) is a naturally-occurring polyunsaturated fatty acid composed of positional and geometric isomers of linoleic acid. The human body is unable to manufacture CLA, so it must be obtained from dietary sources. Since CLA is produced by microorganisms found in cows and other ruminant animals, foods highest in CLA include dairy products and meat, such as beef, lamb, and veal. Recently, CLA has become a popular supplement with bodybuilders due to its ability to promote muscle growth while reducing body fat.

Recently researchers have begun to uncover a host of unexpected health benefits of this unique dietary fat, including improved immune response, inhibition of cancer initiation, lowering of cholesterol levels, reduction of factors implicated in heart disease, and normalization of impaired glucose tolerance in diabetics.

## Weight Loss and Muscle Building

Conjugated linoleic acid may have an equally important role to play in the areas of weight loss, body composition and muscle building. In animals, CLA has been shown to decrease body fat content by inhibiting fat storage and reducing the amount of fat deposited in the body. In one study, CLA-treated hamsters fed a high-fat, high cholesterol diet had significantly lower weight gain but greater food intake than controls.

## Getting Lean with CLA

While many Americans have cut back on their consumption of beef and milk products, they have unwittingly increased their propensity to gain weight by lowering their intake of CLA from dietary sources. And since CLA is found in milk fats, drinking skim milk further deprives consumers of the health benefits of this unique and natural compound.

Studies suggest that taking 3 grams of CLA per day can reverse this problem and improve the muscle-to-fat ratio. By contributing to a loss of body fat, particularly abdominal fat, while increasing lean tissue formation, the result can be a leaner, and thus, healthier body.

## References:

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4. Ip C, Banni S, Angioni E, Carta G, McGinley J, Thompson HJ, Barbano D, Bauman D. Conjugated Linoleic Acid-Enriched Butter Fat Alters Mammary Gland Morphogenesis and Reduces Cancer Risk in Rats. *Journal of Nutrition*, 129:2135-2142.

\* As per US federal guidelines, we need to inform you that these statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.