



Super CLA Blend with Sesame Lignans

1000 mg, 120 softgels

Item Catalog Number: **00818**

Conjugated linoleic acid (CLA) refers to a group of positional and geometric isomers of linoleic acid, which are found primarily in meat and dairy products. CLA has been shown in a number of studies to have a wide variety of benefits with regards to the immune system, cardiovascular protection, blood sugar maintenance, lipid profiles and body composition.⁸⁵⁻⁹⁹

In studies that support the use of CLA in a weight loss program, the amount of CLA used varies from 1.8 to 3.4 grams per day. Those studies included:

- A study that showed no benefits when more than 3.4 grams per day were used.⁹³
- Another study on human subjects that showed an increase in lean body mass over a 12 week period.⁹⁴
- A six month study on healthy or overweight adults showed CLA decreased body fat mass in specific regions of the body for all participants.⁹⁶

Another six-month study on healthy overweight people showed that supplementation with CLA prevented weight gain during the holiday season.⁹⁸ Modest loss in fat mass has been shown using 3.2 grams per day of CLA.⁹⁹

Sesame lignans have been shown to stimulate fatty acid oxidation in the liver,¹⁰⁰ help prevent the oxidation of CLA, and help stimulate lipolysis (fat breakdown).¹⁰¹

Supplement to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

References

Supplement Facts

Serving Size 3 softgel

Servings Per Container 40

Amount Per Serving	
Calories	30
Calories from Fat	27
Total Fat	3 g
CLA Blend [min. 78% conjugated linoleic acid (2340 mg)]	3000 mg
Sesame seed (<i>Sesamum indicum</i>) lignan extract	20 mg

Other ingredients: gelatin, glycerin, purified water, silica, lecithin, carob, rosemary extract.

Contains soybeans. Contains sesame.

This product contains NO milk, egg, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take three softgels daily with meals.
- Can be taken in divided doses or all at once.

Warnings

units	Non-members	Members
1	was \$36.00 now \$32.40	was \$27.00 now \$24.30
4	was \$33.00 now \$29.70	was \$24.75 now \$22.28
10	was \$26.33 now \$23.70	was \$19.75 now \$17.77

- **KEEP OUT OF REACH OF CHILDREN.**
- **DO NOT EXCEED RECOMMENDED DOSE.**
- **Do not purchase if outer seal is broken or damaged.**
- **When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.**

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Related Keywords

Weight Loss, Fat Loss

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