

# Conjugated Linoleic Acid

*Natural support for healthy body composition*

Conjugated Linoleic Acid (CLA) is a naturally-occurring fatty acid that helps support healthy weight management. CLA cannot be made by the body so it must be obtained from the diet or through supplements. It can be found in some animal products, particularly grass-fed beef and dairy. Because most of our modern beef supply comes from grain-fed animals, today's meat and dairy products have about one third of the CLA content, as compared to what was present in 1960.

CLA helps support natural fat metabolism and the retention of lean muscle. Too often, people on a weight management program find it difficult to maintain muscle while losing body fat. CLA can be an ideal supplement for those individuals working towards optimum weight goals, while striving to retain normal muscle mass.

This formulation is a rich source of conjugated linoleic acid, standardized to contain a minimum of 78% of this beneficial compound.

## **Benefits**

- Promotes the proper transport of fat so it does not accumulate in fat cells
- Helps maintain a healthy muscle mass
- Assists with healthy blood sugar metabolism, which is another key to a proper weight management program
- Provides strong antioxidant properties

**Recommended Use** – Take one softgel per day, or as recommended by your health care practitioner.

CLA should be taken in conjunction with regular exercise and a healthy diet.



\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**

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