

Super CLA Blend with Guarana and Sesame Lignans

1000 mg, 120 softgels

Item Catalog Number: 00819

Researchers have continued to discover CLA's multi-faceted health benefits¹¹⁶⁻¹¹⁹ including its ability to increase lean body mass and help maintain a healthy weight.¹²⁰⁻¹²⁸

Research indicates that three grams of CLA taken daily may be enough to trigger a modest loss in body fat in humans.⁷⁴ A Norwegian study documented significant body-fat loss with just 1.8 grams of CLA per day.¹²⁹ Furthermore, CLA may help prevent weight gain during the holiday season.¹³⁰

Sesame lignans have been shown to further increase the burning of fat by stimulating fatty acid oxidation in the liver.¹³¹ Sesame lignans also help prevent the oxidation of CLA as well as help stimulate the loss of adipose tissue.¹³²

References

Supplement Facts

Serving Size 3 softgels

Servings Per Container 40

Amount Per Serving

Calories	30
Calories from Fat	27
Total Fat	3 g
CLA Blend [78-84% conjugated linoleic acid (2340 mg)]	3000 mg
Guarana powdered extract (seed) [std. to 22% caffeine (180 mg)]	819 mg
Sesame seed (<i>Sesamum indicium</i>) lignan extract	20 mg

Other ingredients: gelatin, glycerin, water, silicon dioxide, lecithin, carob, rosemary extract.

Contains soybeans. Contains sesame.

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

Super CLA Blend is a concentrated blend of free fatty acids derived from safflower oil. Super CLA Blend consists of 78-84% conjugated linoleic acid yielding optimal levels of its two active isomers 18:2 c9,t11 and 18:2 t10,c12, and minimizing the inactive isomers, ensuring a consistent isomer profile.

Dosage and Use

- Take three softgels daily with meals.
- Can be taken in divided doses or all at once.
- Do not take with fiber supplements.

Caution

If you have hypertension please consult your healthcare practitioner before supplementing with this product.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- 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.

Related Keywords

Weight Loss, Fat Loss

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