CLA Extreme® - 90 Softgels



CLA Extreme™ combines the benefits that active people are seeking with the proven effectiveness of Conjugated Linoleic Acid (CLA). Before meats and cheeses were processed as they are today, people's diets used to naturally contain greater quantities of CLA. Now, supplementation is virtually the only way to achieve the same levels of CLA. The effectiveness of CLA Extreme™ will not diminish over time; there is no need to cycle off the product. CLA Extreme™ will work best for those who exercise regularly, follow a sensible diet and take the product consistently.

CLA Extreme™ Fact Sheet

Read more about CLA Extreme™ from *Your Health Professor*

Related Products

PRODUCT #: 1731
UPC: 733739017314
Where to Buy

Nutrition Info

Serving Size: 1 Softgel

Servings Per Container: 90

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	9	
Total Fat	1 g	2%*
Polyunsaturated Fat	0.8 g	†
Vitamin E (as d-alpha tocopherol)	10 IU	33%
Chromium (from Chromium Picolinate)	100 mcg	83%
Conjugated Linoleic Acid (CLA) (in a Safflower Oil Base)	**750 mg**	**†**
L-Carnitine (L-Carnipure®)	100 mg	†
Guarana (*Paullinia cupana*) (Seed)	75 mg	†
(Standardized Extract) (Contains 15 mg of Caffeine)		
Green Tea (*Camellia sinensis*) (Leaf) (Standardized Extract)	50 mg	†
(min. 40% Polyphenols and 30% Catechins) (Contains 2 mg of Caffeine)		

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Details

Serving Size: 1 Softgel

Suggested Use: As a dietary supplement, take 1 softgel 1-3 times daily, preferably 1 hour before meals.

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg or preservatives.

Other Ingredients: Gelatin, Glycerin, Water, Yellow Beeswax, Soy Lecithin and Carob.

Warnings: None

Disclaimers: None

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CLA Extreme Fact Sheet

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01/31/05

LIKELY USERS: People wanting to control body fat; People wanting to increase their body's lean mass (muscle tissue); People wanting an oil that helps to

reduce pro-inflammatory body chemicals; Those wanting to prevent undesirable cellular changes through diet

KEY INGREDIENT (S): CLA from safflower oil, L-Carnitine amino acid, Guarana Seed extract (20% naturally occurring caffeine), Green Tea extract (40% polyphenols), Chromium Picolinate

MAIN PRODUCT FEATURES: Conjugated Linoleic Acid (CLA) is a derivative of linoleic acid, an essential fatty acid. The softgel is formulated with CLA (derived from safflower oil), Green Tea extract (polyphenols), Guarana extract (caffeine), L-Carnitine, and Chromium (III) Picolinate for synergistic effects of reducing body fat and increasing lean muscle mass.

OTHER IMPORTANT ISSUES: One study, titled "Efficacy and Safety of One-Year Supplementation with Conjugated linoleic Acid in Moderate Overweight," found that compared to placebo, CLA-supplemented subjects had Body Fat Mass index scores averaging 9% lower than the placebo group and had Lean Body Mass results showing lean muscle mass averaging 2% more than the placebo group. Analyses of blood tests showed no side effects over this one-year period. CLA plus Guarana reportedly reduces the size and number of fat cells in another report. CLA may also reduce insulin resistance and prevent undesirable cellular changes.

AMOUNT and HOW TO USE: One to five capsules a day, preferably with meals.

COMPLEMENTARY PRODUCTS: Alpha Lipoic Acid, Vitamin E, other Antioxidants

CAUTIONS: CLA may reduce insulin resistance, so people on blood sugar medications may not need as much of their drugs. Use with caution to avoid an overdose of your blood sugar medication when using this oil. Please notify your physician about your supplement use if you are using any drugs!

Disclaimer: These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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