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Super CLA Blend with Sesame Lignans
1000 mg, 120 softgels
Item Catalog Number: 818

In a study presented at the Experimental Biology 2002 meeting, CLA alone was shown to cause a substantial decrease in fat mass, and for those who received CLA plus guarana, both adipocyte (fat cell) size and number were decreased by 50%. As an added benefit, sesame lignans have been shown to further increase the burning of fat by stimulating fatty acid oxidation in the liver. As with any fatty acid, CLA can be oxidized by free radicals once it has been ingested. Sesame lignans help prevent the oxidation of CLA, providing health benefits without negative impact.

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.

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

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	3000 mg
[78-84% conjugated linoleic acid (2340 mg)]	
Sesame seed (*Sesamum indicum*) lignan extract	20 mg

Other ingredients: gelatin, glycerin, water, carob, rosemary extract.

Contains soybeans. Contains sesame. This product contains NO milk, egg, peanuts, crustacean shellfish, 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.
- Do not take with fiber supplements.

Caution

This product should not be used by individuals who have an allergy to sesame.

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 inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

Weight Loss, Fat Loss