

CLA-1000™

Dr. T's

nutrition you need
for the body you want

CLINICAL APPLICATIONS

- Maintain Healthy Body Composition
- Lessen Catabolic Effect of Training on Muscle Protein
- Support Anti-Inflammatory Pathways

CLA-1000™ is a patented formula offering a beneficial dose of pure Conjugated Linoleic Acid (CLA) in just four softgels. Each softgel contains an average of 78% (780 mgs) pure CLA consisting of the highest concentration of those isomers most commonly associated with health benefits. CLA-1000 is manufactured in a facility dedicated solely to CLA to ensure consistency of quality.

All of Dr. T's Formulas Meet or Exceed cGMP Quality Standards.

DISCUSSION

The body cannot manufacture CLA, a naturally-occurring mixture of linoleic acid isomers with conjugated double bonds. The average daily consumption is 15-174 mg, mostly from meat and dairy. Conjugated linoleic acid isomers have been shown to possibly reduce body fat mass, enhance immune response and modulate inflammation via inhibition of Cox-2 and prostaglandin synthesis.^[1,2] In the rodent model CLA also stimulated PPAR synthesis, decreased macrophage accumulation and induced apoptosis in an atherosclerotic lesion.^[3]

Although anticarcinogenic, antiatherogenic, antidiabetic, and antiobesity properties of CLA have been well-documented in rodents, these properties are still under investigation in humans. Results of human CLA studies may vary due to the isomers studied, selection of the subjects, diet and lifestyle guidelines, method of body composition assessment and/or study length.

^[4] Outcomes appear to be best in women and in those with the highest BMI.^[5]

In a randomized double-blind, placebo-controlled, three-month study with 60 overweight or obese volunteers, receiving either 1.7, 3.4, 5.1 or 6.8 grams CLA daily, a significantly higher reduction in body fat mass (BFM) ($P=0.03$) was seen in all CLA groups compared to placebo; however, no further reduction in BFM occurred with doses >3.4 grams.^[5]

In 2004, the first double-blind, placebo-controlled study was performed in healthy overweight subjects without specific diet/lifestyle restrictions to document the long-term (1 year) safety and efficacy of CLA supplementation. Employing DXA technology, the mean (\pm SD) BFM in the CLA groups was $8.7 \pm 9.1\%$ and $6.9 \pm 9.1\%$, respectively, lower than that in the placebo group ($P < 0.001$). LBM in volunteers receiving CLA was $1.8 \pm 4.3\%$ greater than the placebo group ($P = 0.002$).

^[6] Following volunteers on CLA for 24 months, an open study ($n=134$) reconfirmed CLA supplementation in healthy, overweight adults is well tolerated, decreases BFM in overweight humans and may help maintain initial reductions in BFM and weight in the long term.^[7]

Other studies have shown that CLA may have a defensive role in breast cancer and colon cancer.^[8,9] CLA also appears to lessen the catabolic effect of resistant training upon muscle protein.^[10] A recent study in 44 healthy young women concluded supplementing CLA alone or with exercise seems effective on serum glucose and insulin concentrations.^[11]



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CLA-1000™



Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 120

	Amount Per Serving	%Daily Value
Conjugated Linoleic Acid (CLA)	1000 mg	**
Providing:		
Pure Conjugated Linoleic Acid [typical]	780 mg	**

** Daily Value not established.

Other Ingredients: Gelatin, glycerin and purified water.

DOSING:

Take one to two softgels twice daily with food or as directed by your healthcare practitioner.

REFERENCES

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CAUTIONS

Keep out of reach of children.

*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.

