Conjugated Linoleic Acid (CLA)

What is CLA?
CLA is a naturally-occurring fatty acid that's part of the omega-6 fatty acid family. CLA cannot be made in the body as humans lack the enzyme needed to convert linoleic acid, an essential omega-6 fatty acid, into this conjugated form. Primary dietary sources of CLA are beef, milk, butter, cheese, and other dairy products. Small amounts are also found in lamb, veal, turkey, chicken, and pork. Dietary intake of CLA has declined significantly over the last 20 years as a result of reduced consumption of beef and dairy combined with a lower content of CLA in these foods. Shifts in cattle feeding practices from natural grass to grains has resulted in less naturally-produced CLA in meat and dairy products.

What does CLA do?
Research on CLA shows that it enhances immune system function, supports cholesterol and triglyceride metabolism, and enhances antioxidant defenses by scavenging free radicals. CLA also helps regulate body fat composition by preventing the buildup of fat in the body and may thus enhance weight loss. ProThera’s CLA is derived from safflower oil and supplies a high content of the active isomers most commonly associated with these physiological effects.

How does CLA promote fat loss?
CLA can help reduce body fat and increase lean body mass in several ways. By inhibiting the action of a fat-metabolizing enzyme called lipoprotein lipase that assists fat deposition in fat cells (adipocytes), CLA reduces fat storage. Studies have shown an increase in muscle tissue (lean body mass) occurs with consistent CLA use. This effect of CLA is enhanced when combined with regular exercise or athletic training.

Who should take CLA?
As a necessary dietary nutrient, CLA can be taken by anyone whose diet does not supply adequate amounts of this fatty acid. CLA supplements can also be used to help shift the balance of omega fatty acids to a healthier ratio. Extra amounts may be recommended by physicians for patients with poor immune function or cardiovascular risk factors. Individuals concerned about maintaining normal body weight can safely add CLA to their weight management program for added benefit.

How much CLA should I take?
The amount needed generally varies between 1 to 8 softgels daily. For general use, 1 to 3 softgels daily is usually sufficient. Amounts up to 8 softgels daily may be recommended by physicians for patients with medical concerns or those on weight loss programs.

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.

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