

PRODUCT INFORMATION

CLA

Due to its unique effects, conjugated linoleic acid (CLA) is of great importance for the protection against chronic diseases, in particular, for the prevention of cancers and their progression. Moreover, the intake of CLA with the daily food also leads to a reduction of the share of body fat.

Basic Facts

Some years ago, the discovery of conjugated linoleic acid (CLA) led to a scientific sensation. It could be proven that this fatty acid derivative has especially strong anti-tumor properties. In studies, they showed to inhibit cancers such as breast cancer, malignant prostatic tumors, gastrointestinal carcinomas as well as malignant skin tumors (e.g. melanoma).

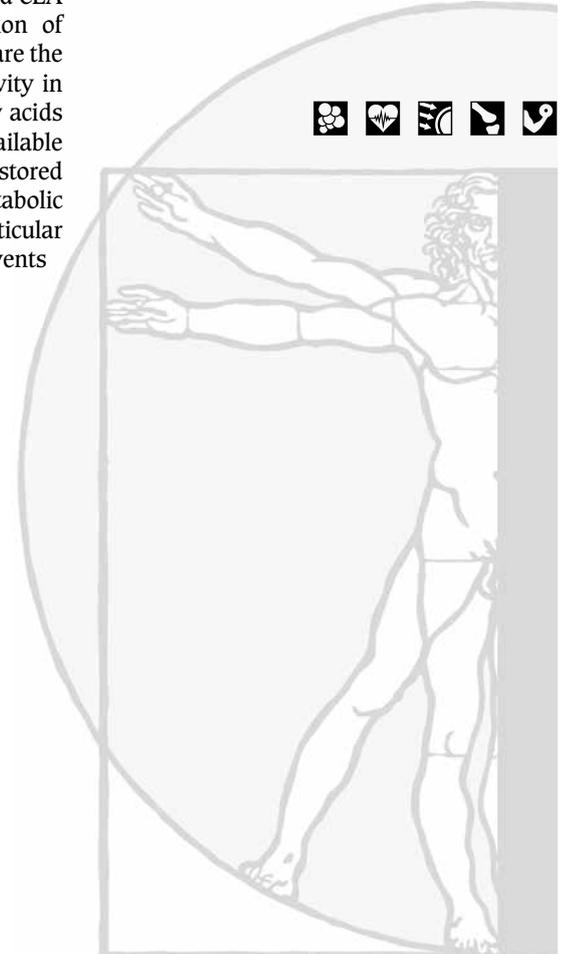
Biochemically, linoleic acid is an essential fatty acid which cannot be synthesized in the organism and therefore has to be ingested with food. CLA is a somewhat altered derivative of linoleic acid and contained in great quantities in red meat and cheese. Moreover, CLA can also be found in chicken meat, eggs and corn germ oil.

An actual CLA deficiency is, in fact, rather difficult to prove. However, in a number of scientific investigations indications have been found that, in the long run, a diet containing only little CLA leads to an increase in the share of body fat and therefore it appears to be an important factor in the development of obesity. Due to its unique mechanisms of action, CLA has numerous effects regarding the prevention of chronic diseases and also positive influence on body fat reduction. It is also for this reason that CLA has become available as a food supplement in the meantime.

Effects

CLA is a potent anti-oxidant, which also has anticarcinogenic and anticatabolic effects. Furthermore, CLA acts as a potent stimulator for the body's immune system, a fact which seems to be responsible for the preventive properties of CLA regarding the pathogenesis, development and progression of cancer. These effects of CLA were discovered and described in numerous scientific investigations.

The intake of CLA with daily food or as a food supplement leads to a lowering of the ratio between the lean body mass and the share of body fat. Furthermore, less fat is deposited in the abdominal region, and CLA also leads to the increased formation of muscle. Physiologically, these effects are the result of an increased insulin sensitivity in the peripheral tissue so that free fatty acids and glucose become more quickly available especially to the muscles and are not stored in fatty tissue. In view of the anticatabolic effects, this property of CLA is in particular due to the fact that the substance prevents the reduction of muscle tissue.



Composition

One softgel contains 1000mg CLA (conjugated linoleic acid) in pharmaceutical grade. Other ingredients: palmitic acid, stearic acid, oleic acid, gelatin.

Dosage

On account of its unique effects on the immune system and the metabolism, CLA should have a firm place in every food supplement program. In normal cases take 1 softgel 3 times a day at mealtimes with plenty of fluid.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

CLA Product Groups

CLA can be found in the following product groups (www.vitabasix.com):



Metabolism & Weight



Cardiovascular System



**Immune System,
Cell Protection & Antioxidants**

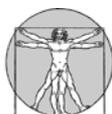


Bones & Joints



Sports & Muscles

Manufacturer:



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by LHP Inc.

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2020