

# CLA

Conjugated Linoleic Acid



BODY COMPOSITION\*



Designs for Health's CLA formula provides 780 mg of conjugated linoleic acid (CLA) per serving to support a healthy body composition, cardiovascular system, and gut microbiome.\* CLA is a polyunsaturated fatty acid found in certain animal food products like beef, lamb, goat, buffalo, and dairy, or it can be derived from linoleic acid-rich oils such as safflower oil. Grass-fed animals have been shown to produce more CLA than grain-fed animals. Therefore, supplementation may be warranted for those without access to grass-fed meat and dairy products or for individuals with limited protein intake.\*

CLA plays a major role in fat metabolism by promoting the body's ability to use fat for energy and to help encourage normal fat storage in the human body.\* Additionally, CLA may help promote energy metabolism and expenditure.\* As a result, CLA may help to support healthy body weight, fat mass, body mass index, and waist-to-hip ratio in overweight or obese adults.\* CLA may also help overweight adults preserve muscle mass while supporting a healthy weight.\* CLA may promote a healthy, diverse gut microbiome.\* Further research has suggested CLA may help support sports performance, bone health, normal appetite, antioxidant status, and normal blood sugar and cholesterol metabolism.\*

## Benefits\*

- Supports normal fat metabolism
- Supports healthy body composition
- Supports weight management
- Supports cardiovascular health
- Promotes gut microbiome diversity

## Highlights

- Delivers 780 mg of conjugated linoleic acid per serving
- Standardized to contain a minimum of 78% conjugated linoleic acid
- Gluten-free, dairy-free, and soy-free
- Non-GMO

## Recommended Use

Take 1 softgel per day or as directed by your health-care practitioner.

To contact Designs for Health, please call us at (860) 623-6314 or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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\*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.