

Conjugated Linoleic Acid (CLA) 1000mg



Conjugated Linoleic Acid (CLA) is an omega-6 essential fatty acid (EFA). Omega-6 EFA's are essential to human health but cannot be made in the body. For this reason, omega-6 EFA's must be obtained from food. CLA is found mainly in beef, cheese, milk, and other dairy foods. However, getting enough CLA from your diet for the beneficial effects would require considerable intake of these types of foods. This would be very impractical and could pose a negative effect on one's metabolism due to the high saturated fat and calorie content of meat and dairy. Through advanced lipid technology, CLA can be produced from linoleic acid in safflower oil. Pure Advantage now offers CLA in a convenient, efficient and economical form. By supplementing CLA into your diet, you can control the amount of CLA intake without the high calorie food consumption.

A double-blind, randomized, placebo-controlled study, published in the December 2000 issue of the Journal of Nutrition found that CLA reduces fat and preserves muscle tissue. According to the research project manager, an average reduction of six pounds of body fat was found in the group that took CLA, compared to a placebo group. Without CLA, many aspects of our metabolism fail to operate efficiently. CLA may help glucose get into muscle cells more effectively, thus preventing glucose from being converted into fat. It also helps fats enter the cell membranes of muscle and connective tissue, where the fat is burned for fuel."

CLA has been the subject of a variety of research on the past several years. Findings also suggest that some of the other benefits of CLA include the following:

- **Increases metabolic rate** -- This would obviously be a positive benefit for thyroid patients, as hypothyroidism -- even when treated -- can reduce the metabolic rate in some people.
- **Decreases abdominal fat** -- Adrenal imbalances and hormonal shifts that are common in thyroid patients frequently cause rapid accumulation of abdominal fat, so this benefit could be quite helpful.
- **Enhances muscle growth** -- Muscle burns fat, which also contributes to increased metabolism, which is useful in weight loss and management.
- **Lowers cholesterol and triglycerides** -- Since many thyroid patients have elevated cholesterol and triglyceride levels, even with treatment, this benefit can have an impact on a thyroid patient's health.
- **Lowers insulin resistance** -- Insulin resistance is a risk for some hypothyroid patients, and lowering it can also help prevent adult-onset diabetes and make it easier to control weight.
- **Reduces food-induced allergic reactions** -- Since food allergies can be at play when weight loss becomes difficult, this can be of help to thyroid patients.

Studies show, CLA safely decreases body fat in four ways:

- Increases how fast fat is broken down in fat cells
- Increases the rate of fat metabolism
- Decreases the total number of fat cells in our bodies

Reference:

Conjugated linoleic acid reduces body fat mass in overweight and obese humans

[The Journal of Nutrition](#) | December 1, 2000 | Blankson, Henrietta; Stakkestad, Jacob A; Fagertun, Hans; Thom, Erling; Et al

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