



Understanding the Benefits of CLA for Weight Control

If you are looking for an all natural, non-stimulating ingredient that has strong safety and scientific evidence to support weight loss, then CLA should be the supplement you should consider. What I specifically like about CLA is that it works well as a stand alone product or can complement other products like fat burners, thermogenics, and appetite suppressants. Additionally impressive, is there have been over 1,000 published studies on CLA so the science is there. You can find the special form of CLA, Clarinol, in our Max CLA products.

Understanding CLA

Conjugated linoleic acid (CLA) is a special type of omega-6 fatty acid called linoleic acid. CLA was discovered accidentally by Dr. Michael Pariza and other research scientists at the University of Wisconsin in 1978 while investigating carcinogens in beef. Dr Pariza actually found that CLA had anti-carcinogenic effects in laboratory animals. Linoleic acid is an essential fatty acid and contains two double bonds, hence the term polyunsaturated fatty acid, or PUFA, indicating that there is more than one double bond in the carbon chain. Dietary sources of linoleic acid include safflower oil (78%), sunflower oil (68%), wheat germ oil (55%), canola oil (21%), egg yolk (16%), etc. "Conjugated" linoleic acid (CLA) means that the double bonds in linoleic acid are separated by only one single bond instead of the two single bonds found in linoleic acid. CLA is one of 28 different isomers of linoleic acid that has been found to improve body composition by increasing the breakdown of fat, preventing the filling and differentiation of fat cells, increasing beta-oxidation (fat burning) in skeletal muscle and increase energy expenditure.

Clarino CLA

Max CLA uses only multi-patented Clarinol CLA from Lipid Nutrition (www.lipidnutrition.com). The numerous patents cover not only the manufacturing process, but also the specific uses and indications of their highly pure product. Clarinol CLA is derived from specially modified safflower oil to provide the highest levels of the two major bioactive CLA isomers, cis-9, trans-11 (c9-t11), and trans-10, cis-12 (t10-c12) in the preferred 1:1 ratio. Of the 28 different isomers of CLA, these two are the only ones that have been research tested for effective body composition changes. These isomers are so special that they are protected by the WARF (Wisconsin Alumni Research Foundation) patent and the only forms of CLA that can make the structure and function claims for body composition changes (the ratio of fat mass to lean mass).

How Does Clarinol CLA Work?

A number of published studies have demonstrated that Clarinol CLA can

positively affect body composition by significantly reducing fat mass, improve body composition by increasing the breakdown of fat, preventing the filling and differentiation of fat cells, increasing beta-oxidation (fat burning) in skeletal muscle and increase energy expenditure. Since the two active isomers induce different physiological effects, a combination of mechanisms may explain the effects and this work is still under investigation. Human studies have shown that Clarinol CLA stimulates the breakdown of stored body fat (lipolysis). Clarinol CLA promotes the inhibition of several enzymes involved in fat metabolism, including lipoprotein lipase (LPL) blocking the transfer of fat into fat cells, stearoyl-CoA desaturase, and fatty acid binding protein. Clarinol CLA also supports an increase in the activity of the muscle enzyme carnitine palmitoyl transferase (CPT) responsible for the transport of fat into the mitochondria where it can be burned for energy (beta-oxidation). Interestingly, a recent study found that the loss of fat is pinpointed to the arms, legs and abdominal (belly) area. This is significant as many individuals are trying to lose belly fat and this is one of the few ingredients that have shown this in humans.

Effective Dose

In terms of the effective dose, studies show superior loss of body fat and increase in lean muscle mass in individuals taking about 1.5 - 3.5 grams CLA per day. Most of the studies showed the positive changes over a 4 - 8 week period, so the results are expected to be gradual over time. You should not expect to see an immediate within a few days. In terms of food sources, CLA is naturally found in beef, whole milk, eggs, butter, yogurt, and any cheeses, but the amounts needed to obtain the therapeutic dose for weight loss benefits (1.5 gm/day) would be equivalent to eating large amounts of these foods. This would not be a practical or healthy thing to do. Supplementation is the only way to obtain the effective dose. Each serving (2 easy to swallow softgels) provides 1.5 grams (1,500 milligrams) of CLA. It is recommended to take 2 softgels one to up to three times daily (for heavier individuals).

Max CLA is available in two sizes, a 90 count and a 180 count. The Max CLA 90 count contains the patented Clarinol CLA while the Max CLA 180 count contains a generic version of the same ingredient. We made the 180 count available for those price conscious customers.

By combining Max CLA with a sound diet and exercise program you can decrease fat deposition, increase fat breakdown and burning, build muscle, and improve strength. Max CLA can be used as a stand alone product or combined with our other weight loss products like our Quadra Cuts Series, Anabol Cuts, Femme Lean & Balance, and ThermXX.

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Key References

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2. Gaullier JM, Halse J, Hoye K, et al. Conjugated linoleic acid supplementation for 1 y reduces body fat mass in healthy overweight humans. *Am J Clin Nutr.* 2004 Jun;79(6):1118-25.
3. Gaullier JM, Halse J, Hoivik HO, et al. Six months supplementation with conjugated linoleic acid induces regional-specific fat mass decreases in overweight and obese. *Br J Nutr.* 2007 Mar;97(3):550-60.
4. Blankson H, Stakkestad JA, Fagertun H, et al. Conjugated linoleic acid reduces body fat mass in overweight and obese humans. *J Nutr.* 2000;130:2943-8.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.