

**USAGE:** Take 1 softgel 3 to 4 times per day with meals or as directed by your qualified health care consultant.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

**Jarrow FORMULAS® CLA** contains conjugated linoleic acid (CLA), a unique optical isomer of the polyunsaturated fatty acid linoleic acid. CLA is a lipid component of cell membranes and breast milk. Although dietary sources of CLA typically include red meat and dairy products, **Jarrow FORMULAS® CLA** is derived from safflower oil. Two CLA 750 mg softgels offer the CLA equivalent of what is found in 38 slices of cheese. CLA has been shown in animal experiments to assist in glucose metabolism and enhancement/retention of lean body mass (muscle).\*

**Store in a cool, dry place.  
Keep out of the reach of children.**

\* 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.



08212CLA90  
PROD # 116010

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**Conjugated  
Linoleic Acid**

**Jarrow FORMULAS®**

# CLA

**750 mg CLA from 1000 mg Safflower Oil**

- **Helps Reduce Body Fat\***
- **Helps Maintain Lean Body Mass\***

**90 Softgels**  
**Dietary Supplement**

## Supplement Facts

Serving Size 1 Softgel

Servings Per Container 90

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	2%
Conjugated Linoleic Acid (Tonalin®)	750 mg	*
Safflower oil base	250 mg	*

\* Daily Value not established.

Other Ingredients: Mixed tocopherols. Softgel consists of gelatin, glycerin, water and natural caramel color (added as a light barrier).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Tonalin CLA® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.



For reducing body fat

Lot #. Best Used Before:

Distributed Exclusively by:

**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
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