



YOUR WEIGHT

Supplement Found To Speed Fat Loss

(NAPSA)—A new study may lighten the outlook for the 61 percent of American adults currently classified as overweight.

According to the Centers for Disease Control, these individuals are at increased risk of illness from hypertension, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, respiratory problems and certain cancers.

The study, published in *The Journal of Nutrition* (Dec. 2000, Vol. 130, #12) concludes that the natural dietary supplement conjugated linoleic acid (CLA) reduces body fat in people who are overweight or obese.

The study is the largest published scientific evidence to date showing that the natural supplement reduces the weight of fatty tissue in humans.

“We found an average reduction of six pounds of body fat in the CLA group compared to the placebo,” said Ola Gudmundsen, Ph.D. chief executive officer, Scandinavian Clinical Research in Kjeller, Norway.

CLA is fatty acid that people used to get healthy doses of naturally through regular consumption of beef and dairy fats. However, changes in the way cattle are raised and in the foods people eat have lowered the amount of CLA people get in their diet.

In the study, sixty overweight people were randomly assigned to take a placebo or Tonalin CLA, manufactured by Natural, Inc., for twelve weeks.

The main objectives were to investigate the effects of different



A study found that 3.4 grams of CLA can help reduce body fat by up to six pounds.

doses of CLA. The study indicates that 3.4 grams of CLA per day is enough to obtain all the beneficial effects on body fat.

However, to obtain the equivalent of 3.4 grams of CLA through food, a person would have to consume 9.5 quarts of low-fat milk or 6 quarts of whole milk, or eat four pounds of beef or 50 slices of cheese. That's why supplements are recommended.

“CLA may be a valuable weight management supplement to any diet regimen. Keeping lean body mass and speeding up fat loss are the keys to a successful weight loss program,” said study co-author Jan Wadstein, MD, Ph.D., associate professor of medicine at Lund University in Sweden.

Tonalin CLA can be purchased at GNC and Vitamin World stores nationwide as well as independent health food stores, grocery stores and the Internet at www.tonalin.com.