



Supports the body's fat burning

What is Bio-C.L.A.?

Bio-C.L.A. are soft gelatin capsules with conjugated linoleic acid of the type (T10, C12 & C9, T11) in the form of easily absorbable free fatty acids.

What is CLA?

CLA (Conjugated Linoleic Acid) is a naturally occurring, polyunsaturated fatty acid found in the meat of ruminants (cows, sheep, etc.) and dairy from these animals. CLA is also a natural part of our diet. It is formed in the rumen of grazing cattle in a process where linoleic acid from grass is transformed into CLA. Some of the best sources of CLA are beef and dairy products like milk, cheese, and yoghurt. CLA is a GRAS-certified (Generally Recognized as Safe) food additive.



 **Pharma Nord**

Bio-C.L.A.®

3 capsules contain

A combination of vegetable free fatty acids	1500 mg
of which	
Conjugated linoleic acid (C.L.A.)	1200 mg

Nutritional information per 3 capsules:

Energy	16 kcal/66 kJ
Protein	360 mg
Fat	1500 mg
of which	
Saturated	150 mg
Unsaturated	1350 mg
Carbohydrates	150 mg

Dosage

1-2 capsules 3 times daily, unless otherwise advised.
Do not exceed the recommended daily dosage.
Do not chew capsules but swallow them whole, preferably during/after meals.

Dietary supplements should not replace a varied diet.
A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Pregnant women and children under 2 years should only use in consultation with your doctor.

Ingredients

A combination of free fatty acids from vegetable safflower oil with 80% CLA, gelatin, glycerol.

Storage

Dark, dry and at room temperature.
A cold storage temperature can change the oil in the capsule, like olive oil in the refrigerator.
Keep out of reach of young children.

Bio-C.L.A. can be combined with Bio-Selenium+Zinc or Bio-Multivitamin.



What is free fatty acids?

In our diet fat occur as triglycerides that must be broken down to "free" fatty acids before the digestive tract is able to absorb them. This process is enabled by a digestive enzyme called lipase. Bio-C.L.A. contains conjugated linoleic acid in the form of free fatty acids that have already been broken down and are ready for use. The advantage with this type fatty acids is that they can be absorbed directly even by individuals with impaired lipid absorption.

Healthy ingredients

CLA is a natural part of our diet, and the meat and dairy industries have seriously considered adding CLA to certain foods as a way of restoring the natural CLA content at levels, which one could find in those days where nearly all cattle went free-range and got sufficient linoleic acid from grazing.