



CLA-Capsules

Nutritional supplement with a high proportion of
conjugated unsaturated fatty acids

Good to know:

CLA (Conjugated Linoleic Acid) a polyunsaturated fatty acid, is often taken as a dietary supplement in the context of a balanced, nutrition-conscious diet combined with regular exercise.

CLA-Capsules contain a processed safflower oil with 80 % conjugated unsaturated fatty acids.

Each capsule contains 800mg of conjugated unsaturated fatty acids.

Ingredients: Safflower Oil (58% linoleic acid), Gelatin, Glycerol, antioxidant tocopherol-rich Extracts of natural origin.

| Average nutritional values | per capsule | per daily dose (=3 capsules) | per 100 g capsules |
|----------------------------------|------------------|---------------------------------|-----------------------|
| safflower oil | 1.0 g | 3.0 g | 72 g |
| <u>caloric content</u> | 43 kJ 10 kcal | 129 kJ 30 kcal | 3116 kJ 725 kcal |
| fat | 1.0 g | 3.0 g | 72 g |
| of which: | | | |
| - saturated fatty acids | 0.07 g | 0.21 g | 5 g |
| - simple unsaturated fatty acids | 0.13 g | 0.39 g | 9 g |
| - polyunsaturated fatty acid | 0.80 g | 2.4 g | 58 g |
| of which: | 0.80 g | 2.4 g | 58 g |
| conjugated linoleic acid | | | |
| carbohydrates | 0.12 g | 0.36 g | 9 g |
| - of which is sugar | 0 g | 0 g | 0 g |
| protein | 0.24 g | 0.72 g | 17 g |
| salt | 0 g | 0 g | 0 g |

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established.

Recommended dosage: Take 1 capsule 3 times daily with sufficient liquid.

Keep out of direct sunlight. Store dry and not above 25°C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 120 capsules = 160 g

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