

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

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional 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. CLA has been shown in animal experiments to assist in glucose metabolism, the reduction of body fat and enhancement/retention of lean body mass (muscle).\*

**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.

**Jarrow**  
FORMULAS

Conjugated Linoleic Acid

**CLA**

750 mg CLA from 1000 mg Safflower Oil

Helps Reduce Body Fat\*

Helps Maintain Lean Body Mass\*

**90**  
SOFTGELS

DIETARY  
SUPPLEMENT

**Tonalin**  
For reducing body fat

## Supplement Facts

Serving Size 1 Softgel Servings Per Container 90

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

† Percent Daily Values are based on a 2,000 calorie diet.  
†† Daily Value not established.

Other Ingredient: Mixed tocopherols. Softgel consists of gelatin, glycerin, purified water and natural caramel color.

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

Store in a cool, dry place.

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

Distributed Exclusively by:

**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

04316CLA90 PROD # 116010



Lot #. Best Used Before:

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