



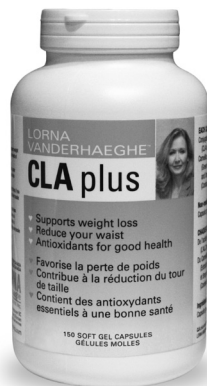
Lorna Vanderhaeghe, MS, is Canada's leading women's health expert and has been researching nutritional medicine for over 25 years. With degrees in nutrition and biochemistry, she is the author of 10 books including *A Smart Woman's Guide to Heart Health* and *A Smart Woman's Guide to Weight Loss*. She has a monthly newsletter which you can read and sign up for at her website.

# CLA plus

CLA AND GREEN TEA EXTRACT

## What to expect from this product:

- ♥ Aids weight loss
- ♥ Increases lean muscle
- ♥ Accelerates fat loss
- ♥ Controls blood sugar
- ♥ Powerful antioxidant
- ♥ Take with Glucosmart™
- ♥ Research shows 7lb weight loss in 90 days



## Benefits of Conjugated Linoleic Acid (CLA)

Conjugated linoleic acid (CLA) is a fatty acid supplement that effectively increases lean muscle mass and enhances fat loss. In a 90-day, double-blind, randomized, placebo-controlled study published in 2000 in the *Journal of Nutrition*, CLA users experienced fat loss with an average weight reduction of seven pounds and an increase in lean muscle. There was a 20 percent decrease in body fat. CLA also stops fat from coming back once dieting stops, research has found. According to *The Journal of International Medical Research* in 2001, those taking CLA who also exercise at the same time increase fat loss and increase lean muscle faster and with lower amounts of CLA. Incredibly, CLA has also been found to help with weight loss even if people don't change their lifestyle. In June 2009, the *American Journal of Clinical Nutrition* reported on 45 postmenopausal women who were obese and who had type 2 diabetes. They took eight grams (8,000 mg) of CLA per day with food for 32 weeks. The women were told not to diet or exercise any differently during the trial. The researchers found that CLA significantly reduced the women's body mass index (BMI) and resulted in a four-pound weight loss.

## Green Tea For Weight Loss

Both green and black tea are derived from the same plant *Camellia sinensis*. The manufacturing process is what makes them different. Green tea is produced by lightly steaming the fresh-cut leaf, so it is not fermented and provides high levels of compounds called polyphenols that are known for their powerful healing effects. One study revealed that participants who took three green tea extract capsules daily increased their fat burning without accelerating their heart rate. The capsules safely

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melted fat away. A 2010 study in the *Journal of the American College of Nutrition* involved 35 obese subjects with metabolic syndrome. (Metabolic syndrome is the name for a group of factors that increase risk of heart disease, stroke and diabetes; these factors include a large waistline, low “good” HDL cholesterol, as well as high blood pressure, high triglycerides (blood fats) and high blood sugar levels.) The participants consumed two capsules daily of green tea extract for eight weeks. The green tea was standardized to provide a daily dose of 450 mg of epigallocatechin gallate (EGCG). At the end of eight weeks, the green tea group experienced significant decreases in body weight and BMI compared to the control group. Green tea supplementation was also associated with a decrease in “bad” LDL cholesterol and an improved LDL-to-HDL (good cholesterol) ratio. Do not use de-cafeinated green tea as it is the caffeine along with the other constituents of the green tea that effectively enhances fat-burning, thus improving fat loss. The combination of CLA and green tea extract are approved by Health Canada for weight loss.

### Take CLA Plus Along With Glucosmart

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. Starving and running on the treadmill for hours every week doesn’t seem to budge belly fat either. We know there is a connection between our expanding waistlines and our hormones. The main hormone contributing to belly fat is insulin. Insulin is a powerful hormone that, when in excess, also causes an elevation in circulating male hormones in women, causing male facial hair growth and acne too. In men, elevated insulin results in a beer belly and breasts.

Elevated insulin promotes weight gain, high cholesterol, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. The nutrient Chiroitol™ (pronounced “kur-au-sit-ol”), researched in over 30 studies at the Virginia Medical School, works for pre-diabetes, Type-2 diabetes, excess male hormone-related conditions such as acne, PCOS, and male facial hair growth in women. Chiroitol™ has also been shown to reduce appetite and improve our happy hormone serotonin, which halts sugar cravings and controls appetite. But where Chiroitol™ really shines is in fighting belly fat in both men and women.

## FORMULA:

### EACH CAPSULE CONTAINS:

Conjugated linoleic acid (CLA derived from safflower oil)..... 900 mg  
 Camellia sinensis (Green tea extract supplying 112 mg catechins) (Root) ..... 100 mg  
 (Contains naturally occurring caffeine)

This product does not contain irradiated rice flour, artificial preservatives, colors or sweeteners, corn, dairy, wheat or yeast.

## SUGGESTED USAGE:

- Adults (12 years and older): Take 5 capsules of CLA Plus per day with food.

**ALL FORMULAS ARE THIRD PARTY INDEPENDENTLY TESTED FOR QUALITY AND POTENCY.**

**LORNA**  
 vanderhaeghe  
 Health Solutions, Inc.

For more information on Lorna Vanderhaeghe products, and to sign up for Lorna’s FREE e-letter, go to [www.hormonehelp.com](http://www.hormonehelp.com).

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