

Love the Shape You're In!

A little CLA every day can help you trim fat to stay leaner and stronger, longer.

A natural fit with your healthy lifestyle

You want to look and feel good now...and for a lifetime. However, even when you take good care of your body, with a healthy diet and regular exercise, it's hard to stay as trim as you would like.

That's because, as we age, our bodies replace muscle cells with fat cells, gradually decreasing lean muscle mass. That's not only bad for your muscle tone – it's also a threat to your long-term vitality.

Tonalin® CLA is the safe, natural way to maintain that lean muscle mass so essential for strength and well-being. CLA improves the fat-to-muscle ratio for better body composition. And because a pound of muscle is much more compact than a pound of fat, CLA helps you stay toned and trim – naturally!

"What is CLA?"

CLA is a polyunsaturated fatty acid derived from safflower oil. It's also a natural component of many of your favorite foods like milk, ice cream and steak.

In the past, you could get enough CLA simply by consuming lots of dairy and beef products. But with today's healthy trend towards a lower-fat diet, it's difficult to get all the CLA your body needs from food alone. To obtain the recommended 3 grams of dietary CLA daily, you would have to eat more than 4 gallons of ice cream or 7 pounds of beef or drink 4 gallons of milk!

Instead, get the CLA your body needs from high-quality Tonalin® supplements and functional foods. Naturally, Tonalin® CLA works best when combined with a healthy diet and exercise.

"How does CLA work?"

Tonalin® CLA helps your body selectively burn fat instead of storing it.

When you consume fat your body does not need for immediate energy, that fat is absorbed by fat cells with the help of an enzyme called lipoprotein lipase. CLA blocks this enzyme and diverts unused fat to your muscle cells. CLA also activates an enzyme which promotes the burning of fat, especially during exercise.

Taken as a natural daily supplement in the right dosage, CLA has been clinically proven to:

- 1 ▶ Decrease the amount of fat your body stores
- 2 ▶ Maintain lean muscle mass by burning calories more efficiently
- 3 ▶ Prevent fat cells from refilling so you remain toned and lean



"When will I see results?"

When taken daily in the recommended amount (3 grams), you'll see the results gradually over the course of several weeks. Then, continue to take Tonalin® CLA to maintain your healthy, lean muscle ratio.

You can take Tonalin® CLA with meals or whenever convenient, for a leaner, healthier you.

Safe, effective Tonalin® is the leading brand

Tonalin® CLA is #1 globally. It is the world's most researched CLA, with 18 major studies proving its safety and effectiveness. The US Food & Drug Administration has recognized Tonalin® CLA as FDA GRAS, which means it has passed FDA safety standards for a food ingredient. Tonalin® CLA contains no stimulants or thermogenic ingredients. Sourced from natural safflowers, a renewable resource, Tonalin® CLA is an environmentally responsible product.



Look for Tonalin® CLA wherever quality dietary supplements are sold and in functional food products.



For reducing body fat

For more information visit www.tonalin.com or visit Tonalin® on Facebook!

*Tonalin® CLA (conjugated linoleic acid). This product is to be used in conjunction with a healthy calorie reduction and exercise program. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. If you are pregnant, plan to become pregnant, or lactating, please consult a health care professional before taking this or any other dietary supplement. ©2011 All Rights Reserved. Tonalin® CLA (conjugated linoleic acid) is an exclusively licensed product of Cognis Group.

Body Language

Toned & trim with Tonalin®

Is your body trying to tell you something? As we age, our bodies lose muscle and gain fat. You can fight back naturally, with safe, effective Tonalin® CLA. Tonalin® is clinically proven to reduce body fat by up to 10%. It can increase muscle mass and enhance your body shaping results ... to help you stay leaner, longer. For that trim, healthy feeling, try Tonalin® – your body will thank you!

Available where quality supplements and healthy foods are sold, or online at www.tonalin.com



For reducing body fat

www.tonalin.com

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