

Women's Health **UPDATE**

Pointers On Peeling The Post-Pregnancy Pounds

(NAPSA)—Here's some weighty news:

According to a recent national survey commissioned by Clarinol™ CLA, more than two in five women who have given birth did not return to their pre-pregnancy weight after their most recent pregnancy. However, these women are not alone, according to the Natural Marketing Institute, approximately five million Americans are taking health supplements to manage their weight.

In fact, the Clarinol™ CLA survey, conducted by Harris Interactive found that nearly two-thirds of U.S. women ages 18 and over find it more difficult to maintain their weight now, as compared to 10 years ago. Today there are solutions like Clarinol™ CLA (conjugated linoleic acid) to this age old problem that work, in conjunction with a healthy diet and exercise and contain natural weight management ingredients scientifically proven to reduce body fat and increase muscle mass in eight to 12 weeks when used in conjunction with a healthy diet and exercise regimen.

Clarinol™ CLA works by reducing the amount of fat stored by fat cells while increasing the rate of fat breakdown by muscles and metabolism. This keeps fat cells smaller and less mature, using existing fat for energy and changing body composition. At the same time, the increased breakdown of fats helps fuel and preserve muscle mass, increasing lean muscle mass and resulting in weight loss. More than 20 human studies showed no adverse side effects and supported the weight loss benefits. Most normal eating



New mothers with an old problem, weight loss, can get help from a supplement found in dairy foods.

habits provide too little CLA to experience its weight management benefits. Therefore, diets supplemented with two and a half to three grams per day can be helpful to reduced body fat and increase lean muscle.

“When used as part of a proper diet and exercise program, Clarinol™ CLA can effectively aid the body in reducing fat and increase lean muscle mass,” said Dr. Marianne O’Shea, Senior Nutrition manager of Lipid Nutrition a division of Loders Croklaan. Clarinol™ CLA is the brand with the highest percentage of women satisfied with its results. It’s produced from safflower oil and has the highest concentration of active CLA isomers available. “CLA can be an important component and provide the weight-management edge so many people are looking for,” Dr. O’Shea added.

The supplement is available in health food stores and online, and in various products. For more information, visit www.clarinol.com.