

Quick Quiz

What Is CLA?

(NAPSA)—The latest buzz for a healthy weight-loss regimen is CLA. See what you know about this compound with this quiz:

1. CLA stands for: a) complex lipid adhesion; b) conjugated linoleic acid; c) chromo-lympathic activase.

2. CLA is derived from what oil? a) corn; b) olive; c) safflower.

3. CLA helps users achieve weight-loss goals by a) reducing body fat; b) maintaining lean muscle; c) preventing fat cells from refilling; d) all of the above.



Combined with a balanced diet and exercise, CLA may help you achieve dietary goals without yo-yoing between weight loss and gain.

Answers: 1. b; 2. c; 3. d.

Decades of research indicate that CLA actually changes body composition by reducing body fat, particularly belly fat, and increasing lean muscle mass.

Combined with a balanced diet and exercise, CLA can help you lose body fat and keep it off. TONALIN® CLA, the leading brand of CLA, helps consumers achieve their diet goals and enhance a healthy lifestyle. The supplement is available online at www.vitacost.com/ton