

**Conjugated Linoleic Acid (CLA) and It's
Effects on Body Composition in
Humans.**

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To investigate the possible effect Tonalin CLA has
on body composition in humans.

Randomized placebo controlled double-blind study
in twenty healthy volunteers for three months
registering following parameters initially and every
four weeks body weight and body fat percentage.
Dosage was (6) 500mg. capsules per day (2 in the
morning, 2 at lunch, and 2 with dinner).

Tonalin Human Clinical Results:

Results of CLA treated subjects: Five females and
five males each with the initial average weight of
156.6 pounds. Average weight after three months
was 154.4 pounds. Their initial body fat percentage
was 21.3% and their body fat after three months was
17.0%. Placebo results demonstrated by five females
and five males with their initial average weight of
158.9 pounds and their weight after three months
was 159.4 pounds. Initial body fat percentage was
22.0% and after three months their body fat was
22.4%

A significant reduction in body fat is obtained during
a treatment period of three months with Tonalin
CLA capsules while no reduction is obtained in a
comparable placebo treated group.