

Directions: Take 1 softgel, 3 times daily, in the morning, before a workout or with a meal. Tonalin® CLA can be taken at any time of day.

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 60

Amount Per Serving	%DV
Calories	13
Total Fat	1 g 1%
Polyunsaturated Fat	1 g **
Tonalin® Conjugated Linoleic Acid (CLA) FFA 85%	1,200 mg **

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Gelatin, Glycerin, Water, Colored with Carmel, Mixed Tocopherols (as preservative).

Contains: Soy

NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Yeast, Artificial Flavors, Added Sugar

WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

This product is intended to be used in conjunction with the Natrol® healthy, reduced-calorie diet and exercise plan at Natrol.com. Individual results will vary.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

Manufactured for NATROL LLC
Chatsworth, CA 91311, USA
1-800-2-NATROL (800-362-6765)
www.natrol.com

Improved Lean Body Composition

Tonalin® CLA 1,200mg is a patented form of CLA (conjugated linoleic acid) derived from the safflower plant, a vegetarian source of linoleic acid.

Tonalin® CLA helps to improve lean body composition by helping promote fat metabolism while increasing muscle retention.*

- Promotes lean muscle mass†
- Helps increase muscle retention†
- Promotes fat metabolism†
- Stimulant-free†



Tonalin®

TONALIN® CLA is an exclusively licensed product of SIGG Personal Care and Nutrition GmbH.

For Detailed Research visit: www.tonalin.com

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NATROL®

NEW
LOOK!

Tonalin® CLA WEIGHT MANAGEMENT

Promotes Lean
Muscle Mass†

Helps Increase
Muscle Retention†

Promotes Fat
Metabolism†



SAFFLOWER OIL

1,200mg

60 SOFTGELS

DIETARY SUPPLEMENT

How it Works:

Studies show Tonalin® CLA affects the activity of key enzymes involved in the storage of fat in fat cells, while also decreasing the number and size of fat cells. Combined, these work to improve the ratio of lean to fat body mass.

When used in conjunction with a healthy diet and regular exercise program, it can help maintain healthy body weight.**



Clinically Tested:

Studies show Tonalin® CLA to:

- Improve the ratio of lean to fat body mass†
- Help increase muscle retention†

Studies Recommend:

- Up to 3,600mg of CLA daily ††
- 2,000 kcal/day diet and at least 30 minutes of exercise, 5 days per week

Optimum results occurred between 8-12 weeks. Individual results may vary.

ITEM: 863-921 P: 3003074 B: 2808965-17321



LOT/EXP: