

CLA (conjugated linoleic acid) is a slightly altered form of the essential Omega 6 fatty acid linoleic acid. Dietary intake of CLA is predominantly from dairy and beef fat, but is usually much lower than the amounts that can be obtained from dietary supplements. The CLA in this formulation is derived from Non-GMO safflower seed oil.

Carefully Manufactured for:
Solgar, Inc.
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Leonia, NJ 07605 U.S.A.

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Since 1947

Tonalin

**1300 MG
CLA**

CONJUGATED LINOLEIC ACID

Non-GMO
GLUTEN, WHEAT & DAIRY FREE

60 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
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Calories	15
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Total Fat	1.5 g	2%*
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Tonalin®	1,300 mg	**
(from safflower seed oil)		

Typically provides:

Conjugated Linoleic Acid	1,014 mg	**
(CLA)		

*Percent Daily Values (DV) are based on a
2,000 calorie diet

**Daily Value (DV) not established

Other Ingredients: Gelatin, Vegetable Glycerin,
Natural Caramel Color.

**FREE OF: Gluten, Wheat, Dairy, Yeast,
Sugar, Sodium, Artificial Flavor, and
Sweetener.**

SUGGESTED USE: As a dietary supplement for adults, take one (1) softgel twice daily, preferably with meals or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Tonalin

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