



CLA1000 HER

Package Insert

- 1. Scheduling status:** SO
- 2. Proprietary name and dosage form:**
PSNLifestyle CLA1000 HER 90 capsules
- 3. Composition:**
Each serving (1 softgel capsule) contains:
Conjugated linoleic acid 1000mg
OTHER INGREDIENTS: gelatine, glycerine and purified water
- 4. Pharmacological classification:**
Dietary supplement
- 5. Pharmacological action:**
Dietary support for improved fat metabolism and lean muscle mass.
- 6. Indication:**
 - This product is indicated for excessive body fat and obesity if used in conjunction with a low calorie diet and physical exercise.
- 7. Contraindications:**
 - Do not use if you have CVD or diabetes.
- 8. Caution:**
 - Do not use if you are pregnant or breast feeding.
 - Consult your physician before use if you have any medical condition like cardiovascular disease, diabetes, metabolic syndrome or insulin resistance.
 - Consult your physician before use if you are taking prescription medication especially blood thinning medications.
 - Never exceed the recommended dose unless on the advice of your health care provider.
 - This product is not intended to diagnose, treat, cure or prevent any disease.
 - Keep out of reach of children.
- 9. Interactions:**
Using this product with the type of medications below, may oppose or potentiate their effectivity.
 - Anti-coagulants/blood thinners like warfarin, heparin, aspirin (potentiate)
 - Anti-hypertensives (potentiate)
 - Anti-diabetics (oppose)
- 10. Pregnancy and lactation:**
Do not use while pregnant or breast feeding.
- 11. Dosage and directions for use:**
Take 1-2 softgels, 1-3 times per day, preferably 1 hour before breakfast, lunch and dinner, together with a glass of water.
- 12. Side effects:**
Gastro-intestinal stress at high doses.
- 13. Overdose:**
Abnormal high doses can cause gastro-intestinal distress.
- 14. Identification:**
This product consists of clear CLA filled soft gel capsules.
- 15. Presentation:**
This product is packed into a sealed black plastic container with black cap.
- 16. Storage instructions:**
Store in a cool dry place below 25°C and keep out of reach of children.
- 17. Registration number:**

This product has not been evaluated by the Medicines Control Council.