



## CLA1000 HER

### *Scientific Research*

CLA (Conjugated linoleic acid) is a polyunsaturated fatty acid, which have been studied extensively for its anti-cancer, anti-atherosclerotic, immune modulatory, anti-obesity and anti-diabetic properties. With global attractiveness as a weight-loss supplement, CLA improves body composition and targets abdominal fat especially (7). CLA exerts various anti-obesity mechanisms, like improved energy expenditure, increased fat breakdown, inhibition of fat storage (1,2,3), decreased insulin-stimulated glucose uptake and deposition into cellular fat (2,3) and downregulation of leptin expression (4). Leptin is an appetite suppressing hormone that is secreted by fat cells and regulates food intake and metabolism. In most people with obesity, an increased number of fat

cells is related to increased leptin secretion. Leptin levels may be extremely high in obesity due to leptin cell resistance as result of constantly high blood leptin levels. This occurrence blocks the appetite regulating signal of leptin and consequently results in further weight gain. Decreasing leptin can restore leptin resistance and subsequently, appetite regulation and metabolism. (2, 3).

In resistance training programmes, CLA supplementation has also been found to significantly increase muscle strength and lean muscle mass on its own or in combination with whey protein and creatine, when compared to placebo supplementation (5,6,8).

It can therefore be concluded that **PSNLifestyle CLA1000 Her** supplementation may be beneficially used for a leaner body composition, enhanced lean muscle mass and improved training performance.

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