

are you getting enough CLA?



The average Canadian is getting less than 20% of the CLA they need¹

What is CLA?

Conjugated Linoleic Acid is a specific form of the essential fatty acid, linoleic acid. While not produced by the human body, CLA is naturally present in cow's milk which is the richest natural dietary source of CLA.

Healthy Benefits

- Research shows that CLA may play a role in the prevention of multiple types of cancer including: cancers of the breast, skin, colon, liver, lung, intestine and prostate cancer.²
- Protects against cancer at levels of 1% or less of total dietary fat³ – a small amount gives big effect
- Lowers both total and "bad" (LDL) cholesterol levels, two major risk-factors for cardiovascular disease⁴
- Life-long breast cancer protection when consumed during puberty in female animal studies⁵

Are Canadians getting enough CLA?

Although no official dietary recommendations have been established for CLA, research shows that it has protective effects at as little of 0.1% of the dietary intake in animals. For the average human diet, this translates to about 600 mg of CLA daily. The average Canadian intake is only 94.9mg/day.⁶

**Two glasses of 3% VitalaMilk provides
300mg of CLA and more than triples
current average daily intake**



[1] Ens, J; et al. An assessment of c9, t11 linoleic acid intake in young Canadians. *Nutr Research* 2001; 21(7):955-960
[2] Emerging Health Benefits of CLA. Dairy Council Digest Archives. <http://www.nationaldairyCouncil.org/NationalDairyCouncil/Health/Digest/dcd71-4Page5.html>. 9/2/2008
[3] Ip C, Scimeca JA, Thompson H. Effect of timing and duration of dietary conjugated linoleic acid on mammary cancer prevention. *Nutr Cancer* 1995;24(3):241-7.
[4] Tricon S, Burdge GC, Kew S, et al. Opposing effects of cis-9, trans-11 and trans-10, cis-12 conjugated linoleic acid on blood lipids in health humans. *Am J Clin Nutr* 2004; 80:614-20
[5] Thompson H; et al. Morphological and biochemical status of the mammary gland as influenced by conjugated linoleic acid: implication for a reduction in mammary cancer risk. *Cancer Res* 1997;57(22):5067-72.
[6] Ens, J; et al. An assessment of c9, t11 linoleic acid intake in young Canadians. *Nutr Research* 2001; 21(7):955-960

vitalaTM
BY AVALON
good for you.