

Lipid Nutrition

With obesity becoming a larger health issue, many consumers are looking for a way that a food product not only tastes good but can provide weight management benefits. Clarinol™ CLA from Lipid Nutrition is the first health ingredient targeted at the weight management concerns of consumers. The health benefits of Clarinol™ CLA on body composition include **1. Reduce the amount of body fat** and **2. Increase lean muscle.**

The British Journal of Nutrition published the latest clinical trial results on Clarinol™ CLA. This new research clearly demonstrated that Clarinol™ CLA reduced fat mass in particular locations on the body, without any additional exercise. The subjects in the trial lost 2 kg of fat (equal to 4.4 lbs.) around the waist area and in the legs. The women in the Clarinol™ CLA group showed fat reduction located in the leg and waist areas whereas for men the fat reduction was mainly in the waist area/mid-section. Previous research was unable to establish this before.

Clarinol™ CLA is perfectly suited for dairy applications such as yogurts, milk, nutritional bars and meal replacement beverages. CLA is found naturally in dairy products but at very low levels. Clarinol™ CLA allows dairy processors to increase the level of CLA in order to provide the weight management benefits for the consumer.

Clarinol™ CLA is in a clear, golden oil or a powder form, both in a triglyceride form which is specifically developed to function in taste-sensitive foods. Not only is Clarinol™ 'Self-Affirmed' GRAS, Lipid Nutrition is proceeding with the intention of gaining full notification to the FDA with the aim of achieving FDA



approved GRAS status for Clarinol™ CLA. In addition, Clarinol™ CLA allows the dairy processor to incorporate a healthy fat with weight management benefits and has been excluded from the definition of trans fatty acids by the U.S. FDA (68 FR 41461-41462, July 11, 2003).

Lipid Nutrition is the leading supplier of lipid-based ingredients (nutritionally active components of oils and fats). Our advanced technology and quality assurance systems ensures that our products can be used safely and meet the highest possible quality standards. Our state-of-the-art, dedicated factory is ISO 9001 and ISO 14001 certified and we work according to HACCP and GMP. Our network of approved raw material suppliers and our quality control systems guarantee the highest possible raw material quality, which in turn leads to nutritional lipids of exceptional quality. To request information on Clarinol™

CLA and review some of our dairy formulations with Clarinol™ CLA please contact Lipid Nutrition at 815-730-5208 or email Patrick Luchsinger, Marketing Manager – North America at patrick.luchsinger@lipidnutrition.com

Gaullier, J.M., J. Halse, H. Høivik, K. Høye, C. Syvertsen, M. Nurminiemi, C. Hassfeld, A. Einerhard, M. O'Shea, and O. Gunnudsen, Six month supplementation with conjugated linoleic acid induces regional-specific fat mass decreases in overweight and obese, *British Journal of Nutrition* 97:550–560 (2007).



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