

Package insert

Scheduling status

(S0) Not scheduled.

Complementary Medicine



Tonalin® CLA is an exclusively licensed product of Cognis group - now part of BASF.

Proprietary name and dosage form

Sontal Tonalin CLA (conjugated linoleic acid) - Soft gelatine capsule

Composition

Tonalin Proprietary Blend 1000 mg

Derived from safflower Oil containing:

Conjugated Linoleic Acid, Oleic Acid, Palmitic Acid, Stearic Acid, Linoleic Acid.

Each 1000 mg softgel contains a minimum 75-82% CLA (providing at least 750 mg CLA per softgel).

Other Ingredients: Gelatine, Glycerine, Tocopherols (Preservatives).

Pharmacological classification

Western Complementary Medicine

Pharmacological action

The term *conjugated linoleic acid* (CLA) describes a group of conjugated, octadecadienoic acid isomers of linoleic acid. The two isomers with known biological activity are *cis-9,trans-11* linoleic acid and *trans-10,cis-12* linoleic acid, providing 50:50 ratios of the two isomers.

Evidence suggests that the *cis-9,trans-11* and *trans-10,cis-12* isomers of CLA exert different effects within the body when taken individually and together. Beneficial body composition changes have been associated primarily with *trans-10,cis-12* CLA in vitro and animal studies. In vitro and animal studies have also shown that *trans-10,cis-12* CLA reduced adipocyte lipid filling, increased lipolysis, and decreased lipoprotein lipase activity.

The mechanism of action has been well studied: if fat consumed is not used for energy, the triglycerides are taken up by fat cells - a mechanism for which the enzyme lipoprotein lipase is responsible.

CLA inhibits this enzyme, and instead the triglycerides are diverted to the muscle cells to be burnt. Here the CLA induces the activity of another enzyme, carnitine palmitoyl transferase, which is responsible for oxidation and the burning of fat.

Indications

CLA (conjugated linoleic acid) as a dietary supplement for CLA deficiency, may help promote a beneficial effect on the immune system, may increase energy during physical exercise.

Contra-indications

CLA is generally well tolerated. However, because of the potential effects of CLA on glucose regulation, patients with diabetes or cardiovascular disease should avoid CLA use.

Diabetes; Supplementation of CLA should be avoided by people suffering from diabetes or by people at risk of developing insulin resistance.

Warnings

Use as recommended under dosage and directions for use. Do not exceed recommended dosages unless otherwise prescribed by your doctor. Do not use this product if you are allergic to any of the ingredients contained in this product. Consult your doctor for advice if you are using any medication or if you are suffering from any medical condition. Product contains bovine derived ingredients.

Interactions

CLA may interact with diabetic medications because of its effect on glucose metabolism and with hyperlipidemia medications because of its potential effects on lipid levels

Pregnancy and lactation

CLA is not recommended to be used by pregnant or lactating woman. If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or health care professional for advice before using any dietary supplement.

Dosage and directions for use

As a dietary supplement adults should take one (1) softgel three times daily before meals or as directed by your doctor. Dietary supplements cannot replace your daily nutritional diet.

Side effects and special precautions

CLA is generally well tolerated.

Commonly reported adverse effects of CLA are gastrointestinal, including nausea, diarrhoea, dyspepsia, and loose stools.

Do not exceed recommended dosage.

Known symptoms of over dosage and particulars of its treatment

In cases of suspected over dosage or allergic reactions, withdrawal of the product is indicated and where necessary the treatment of such over dosage is symptomatic and supportive.

Identification

Caramel coloured soft gelatine capsule with oblong shape containing 1000 mg plant oil.

Presentation

White labelled plastic tablet container containing 60 Soft gelatine capsules.

White labelled plastic tablet container containing 90 Soft gelatine capsules.

Storage instructions

Store between 15°C -25°C in a cool dry place, Close container firmly and protect from heat, light & oxygen. Keep out of reach of children and uninformed individuals.

Registration number

Western Complementary medicine

Name and business address of the holder of the certificate of registration

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