

## Patient Information Leaflet

**Scheduling status:** S0

### Proprietary name and dosage form

Sontal Tonalin CLA - Soft gelatine Capsule

### Composition of the medicine, that is, what this medicine contains

The 1000mg proprietary blend contains an substance derived from safflower oil containing: Conjugated Linoleic Acid, also 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 (from Bovine), Glycerine, Tocopherols (Preservatives).

### Approved indication and use, that is, what this medicine is used for

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.

### Instruction before taking the medicine

Tonalin CLA is generally well tolerated at the recommended dose. If your stomach is sensitive to oil you may consider eating a healthy snack before you take the capsules. Have adequate water available to safely swallow the softgel capsule.

### Instructions on how to take the medicine

We recommend to take a sip of water to wet the inside of your mouth before you put the softgel capsule in your mouth, the gelatine capsule has the tendency to stick to the inside of your mouth if your mouth is to dry.

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.

As recommended above you should preferably take CLA capsule directly before a meal, but in the case of not having 3 meals a day you may consider eating a healthy snack before you take the capsules.

### Side effects

CLA is generally well tolerated.

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

### Storage and disposal information

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.

It is recommended that you take any unused or expired CLA to your pharmacy for safe disposal.

### Presentation

Sontal Tonalin CLA are available in 4 different packaging configurations:  
White labelled plastic tablet container containing 90 Soft gelatine capsules.

All pre-printed packaging are well branded and contain all the information on the label as required by law. Any additional information is contained in the package insert in the container or within the patient information leaflet.

### Identification

Sontal Tonalin CLA (Conjugated Linoleic Acid) is caramel coloured soft gelatine capsule with oblong shape containing 1000 mg plant oil.

The colour could differ from batch to batch from a light golden colour to a darker caramel colour depending on the time since manufacturing and the ambient temperature.

The product freshness and integrity will be the same for the different colour variations as long as the product is being stored under the prescribed storage conditions.