

# Diene-O-Lean®

## CLA COMPLEX



### Positioning Statement

Diene-O-Lean® encourages fat loss by providing comprehensive nutritional support with conjugated linoleic acid (CLA) and capsaicin for those desiring a healthy body composition.\*

### Concept

Maintaining an appropriate ratio of muscle to fat is important. Increasing your muscle mass through proper nutrition and regular exercise will increase the number of fat-metabolizing enzymes in your body. Diene-O-Lean® provides support for physically active and weight conscious men and women who work to promote and maintain a healthy physique. Muscles contain enzymes necessary to utilize fat for energy. Diene-O-Lean® contains 4.5 g of conjugated linoleic acid (CLA) and 100 mcg of capsaicin per daily dose.

CLA is an essential fatty acid with a number of reported health benefits. These effects include promoting healthy immune and cardiovascular function, as well as promoting fat loss. Conjugated linoleic acid is found in small amounts in a number of food products including meat and cheese. Fat loss benefits derived from CLA supplementation are most likely to occur when combined with diet and exercise.\*

### Primary Benefits

- Specifically designed to promote fat loss by providing dietary support to physically active individuals\*

### What Makes This Product Unique?

- Contains capsaicin for phytonutrient benefits
- In clinical studies CLA has been demonstrated to help promote fat loss\*
- Clinically-proven dosage

### Who Should Use This Product?

Diene-O-Lean® provides dietary support for physically active and weight conscious men and women who work to maintain a healthy body composition of fat and muscle.\*

### Did You Know?

- Since becoming a popular supplement, conjugated linoleic acid has been the subject of over 200 published papers
- Capsaicin was first synthesized in 1930 by E. Spath and F.S. Darling

### Frequently Asked Questions

#### *Are there scientific studies that substantiate conjugated linoleic acid (CLA)?*

Recent studies have substantiated the claims that CLA positively affects the reduction of body fat. In a recently published study in the *American Journal of Clinical Nutrition* (Gaulhier, et al 2004), participants taking 4.5 g of CLA for one year lost an average of 7% total body fat. Participants in a second study showed an average one-inch waistline reduction following four weeks of supplementation with 4.2 grams of CLA per day (Riserus, et al 2001). In another study, subject groups were administered varying levels of CLA (Blankson, et al. 2000). Subjects in this study experienced an average loss of 6 pounds in 12 weeks. Lean muscle mass was preserved in both studies. Tonalin®, the brand of CLA utilized in these studies is the same brand of CLA used in the Pharmanex® product Diene-O-Lean®, which provides 4.5 g of CLA per day. This amount is consistent with the recent studies showing significant effects\*.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Diene-O-Lean®

## Is Diene-O-Lean® safe?

Diene-O-Lean® is safe at the recommended dosage. However, if you are a pregnant or lactating woman, allergic to hot peppers, have a known medical condition, or if you or a member of your immediate family have a history of diabetes, insulin resistance, glucose intolerance, or liver ailments, you should consult with a physician prior to taking this supplement.

## Key Scientific Studies

1. Zambell KL, Keim NL, Van Loan MD et al. Conjugated linoleic acid supplementation in humans: effects on body composition and energy expenditure [In Process Citation]. *Lipids*. 2000;35:777-82.
2. Riserus U, Berglund L, Vessby B. Conjugated linoleic acid (CLA) reduced abdominal adipose tissue in obese middle-aged men with signs of the metabolic syndrome: a randomized controlled trial. *Int J Obes Relat Metab Disord*. 2001; 25:1129-35.
3. Mulville, K. Supplement helps dieters keep weight off. August 21, 2000.
4. Dyck DJ. Dietary fat intake, supplements, and weight loss. *Can J Appl Physiol*. 2000; 25:495-523.
5. Blankson H, Stakkestad JA, Fagertun H, Thom E, Wadstein J, Gudmundsen O. Conjugated linoleic acid reduces body fat mass in overweight and obese humans. *Journal of Nutrition*. 2000; 130:2943-8.

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## Supplement Facts

Serving Size Three Softgels  
Servings Per Container 30

Amount Per Serving		% Daily Value
Safflower Oil	3,000 mg	*
Conjugated Linoleic Acid	2,250 mg	*
Capsaicin (from Cayenne Pepper)	150 mcg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin, Glycerin, Water, Titanium Dioxide.

## Directions For Use

Take two (2) softgels with eight (8) ounces of liquid three times daily with your meals. If taking products with chitosan (PolmerPlex™), including FibreNet®, FibreNet Plus®, LifePak Trim® or TrimPak®, see recommended use on label.

## Warnings

Keep out of reach of children. Pregnant or lactating women, people with known medical conditions, and people allergic to hot peppers should consult with a physician prior to taking supplements.

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