



CLA Fit Plus™

A natural metabolic support formula that combines the proven fat-burning benefits of CLA with added ingredients to help promote weight loss and healthy blood sugar*

- CLA supports healthy metabolism and thermogenesis*
- MCTs help manage hunger and promote satiety (fullness)*
- Banaba extract supports healthy blood sugar levels*

The Fiber35 Diet is a lifetime system of optimum nutrition based on the extraordinary health benefits and weight loss power of fiber. Developed by ReNew Life founder and Certified Nutritional Consultant Brenda Watson, it focuses on the importance of eating at least 35 grams of fiber every day.

In addition to its role in bowel regularity, fiber helps manage hunger and eliminate calories from the foods you eat. A high-fiber diet has also been shown to support healthy blood sugar, cholesterol and blood pressure levels, thus helping to prevent obesity-related illness and disease. Fiber also helps to absorb toxins in the intestinal tract and eliminate them from the body via regular, healthy bowel movements.

CLA Fit Plus for Natural Support

Part of the Fiber35 Diet reduced calorie and exercise program, **CLA Fit Plus** is a natural fatty acid metabolic support formula made with non-stimulating natural ingredients to support healthy weight management.*

The Benefits of CLA

Conjugated linoleic acid, or CLA, is a form of linoleic acid, which is an essential fatty acid found naturally in foods. In studies, CLA has been shown to enhance fatty acid metabolism by supporting a healthy ratio of lean muscle mass to fat. It has also been shown to help maintain healthy cholesterol levels.

Each softgel capsule contains CLA and other beneficial herbs and nutraceuticals that have been shown to promote healthy metabolism and energy use.* These include the essential fatty acids known as medium-chain triglycerides (MCTs), which are readily absorbed by the body and promote satiety, or the feeling of fullness after a meal.* As a result, MCTs help manage hunger between meals.* Banaba extract is included for its ability to support healthy blood sugar levels.*

Supplement Facts

Serving Size: 2 softgels		Servings per Container: 30	
		Amount per Serving %DV**	
Clarino™ Conjugated Linoleic Acid (CLA)	1000 mg	***	
Medium-chain triglycerides (MCTs)	500 mg	***	
GlucoHelp™ Banaba Extract (18% corosolic acid)	4 mg	***	

** Percent Daily Values are based on a 2,000 calorie diet.
*** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water, yellow beeswax, natural caramel color, silica, soy lecithin

Directions: Take 2 softgels, two to three times per day, with meals.

WARNING: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication, have a medical condition or have a family history of diabetes. Not for prolonged use. Do not exceed recommended dose. Not for individuals under 18 years.



For optimum results, use with **ThermoFit™**.



CLA Fit Plus™ was formulated by natural health and nutrition expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

*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.