



CME Article



Center of Excellence for Electronic Learning in  
Medical Sciences

**Title:** The Effects of Conjugated Linoleic Acid in the Form of Dietary Supplements or Enriched Foods on C-Reactive Protein and Lipoprotein (a) Levels in Humans: A Literature Review and Meta-Analysis study

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**Learning objectives:** By studying this paper, the readers will be able to learn:

1. Learn about the general consensus on the effects of conjugated linoleic acids (CLA) in humans.
2. Evaluate the side effects of CLA in the form of dietary supplements or enriched foods.
3. Assess the benefits and risks of CLA in humans.

**Target groups:**

Physicians, Dieticians, Nurses