

Udo's Choice® Oils Foundation and Supplement, both made with health in mind.

by Udo Erasmus



Udo Erasmus

The leading expert on Essential Fatty Acids (EFAs) and healthy oils.

We have here two different topics.

We need to talk about the bottled oil and we need to talk about the oil capsule on the lid.

Udo's Oil™ 3•6•9 Blend*: World's Healthiest Food Oil Foundation

I'm sitting at my table in front of my computer.

Beside the computer is a dark glass bottle that contains an oil blend.

The label says: **Udo's Oil™ 3•6•9 Blend***.

Many of you know it.

It is the world's most sensitive and best-balanced essential fatty acid-rich plant-based oil.

It provides the essential omega-6 and omega-3 fatty acids in optimum quantities and the right ratio.

It's made with health rather than shelf life in mind.

We press the oil from organically grown seeds.

Organically grown seeds are free of pesticides.

Knowing that some oils heal and others kill, we deliberately designed the oil blend.

It contains all that is good for health from oils, and nothing that is bad.

It is 100% plant-based.

We press, filter, and bottle it under exclusion of light, oxygen, and heat.

We package the oil blend in glass to prevent plastic molecules from dissolving in the oil.

We place it in a box to cut out all light.

We store the oil cold in the factory, the retail store, and the home.

If it is longer than two weeks in transit to places outside of North America, we even ship the oil under refrigeration.

For a 2-year shelf life, you can keep the oil blend frozen in your freezer.

For better economy and less environmental pollution from shipping, you can buy it by the case and store it frozen.

We made it to replace 'cooking' oils in food use, but we want you to add this precious, sensitive, care-requiring oil blend to foods AFTER they are cooked in WATER.

This oil is NOT for frying.

Fried oils fry health.

When we fry, we change foods into poisons.

Udo's Oil™ 3•6•9 Blend* is a healthy Food Oil Foundation.

It is not an oil supplement.

Let me emphasize by saying it again.

Udo's Oil™ is NOT an oil supplement; it is a plant-based healthy food oil foundation.

Food oils are major nutrients.

For optimum wellbeing, we need optimum quantities of healthy food oil as our foundation.

Optimum intake for most people is between 28 and 56 grams per day, or about one 15-ml tablespoon per 50 pounds (25kg) of body weight per day.

Optimum intake is higher in winter than in summer.

Optimum intake is higher in cold weather than in hot weather.

Dry skin is a sign that we are not getting enough oil.

Dry skin is most obvious in dry climate, and also in dry or cold weather.

Udo's Oil™ 3•6•9 Blend* is a healthy natural alternative to the odorless, tasteless, industrial processing-damaged 'cooking' and 'food' oils that line store shelves.

Why is it important?

More health problems come from damaged food oil foundation than any other aspect of nutrition.

What can we do about that?

More benefits come from getting a healthy food oil foundation than from any other change we can make in nutrition.

We fix problems with our food oil foundation when we switch to an undamaged plant-based food oil foundation.

Literally, our body needs an oil change, just like our car.

We drain/discard the damaged, dirty oils that wreck the engine.

We replace them with clean oil that makes the motor run well.

This is Job no.1.

We take an oil supplement in addition to our healthy food oil foundation, not instead of it.

An oil supplement is meant to supplement our food oils.

Oil supplements can't fix a damaged food oil foundation, nor can an oil supplement replace that food oil foundation.

Food oil and oil supplement are completely different categories.

Each one needs to be looked at individually.

Udo's Choice® O-KRILL 3™ - Pure Omega-3 krill oil:

The World's Healthiest Oil Supplement

On top of the lid of the food oil foundation bottle sits a small, beautiful, red capsule.

This beautiful, red capsule is an oil supplement.

Let's talk about that capsule sitting on top of the cap of the food oil foundation bottle.

A good oil supplement consists of 1-3 grams or less oil per day.

Why am I interested in talking about supplement?

The answer is simple.

From the beginning of my work with oils, which goes back to 1986, there were always people who said that they did well with my food foundation oil, but that they did even better when they added an oil supplement to the foundation.

About 5% of the people I talked to (and I talked to a lot of people) reported this effect.

The oil supplement (fish oil) industry suggested about 10 years ago that 30% of the population is unable to adequately convert food essential fatty acids into supplement essential fatty acid derivatives.

Between the 5% that I met and the 30% that they claimed, we might find the actual number of people who would noticeably benefit from taking an oil supplement in addition to their healthy food oil foundation.

I never argue with results or with personal experience.

There was one problem that kept me from recommending an oil supplement.

None of them were made with health in mind.

None of them were free of industrial toxins.

Given that the omega-3 derivatives that supplements contain, EPA and DHA, are 5 times more sensitive to damage than the already very sensitive plant-based food oil foundation omega-3, ALA, that I developed, the supplement omega-3s need even more care.

No one in the omega-3 oil supplement industry was taking that care.

No oil supplement existed that was made with the same amount of care that I applied to healthy plant-based food oil foundation.

As a result, they contained too many industrial toxins like PCBs and dioxins.

In addition, industry used harsh chemicals, destructive bleaching, and high frying temperature treatments to process these omega-3 derivative oils.

Knowing this, and having committed to only recommending oils made with care and health in mind, I did not recommend these oil supplements.

From the beginning, I told people that 'if I ever find oil supplement made with the care that I took a stand for, I will let you know, and I will recommend it.'

In the meantime, I focused on continually improving the food oil foundation made with health in mind.

That was 25 years ago.

In the meantime, it has become clear that the entire fishing industry has become unsustainable.

Over-fishing, combined with lack of sustainability regulations in oceans, bad fish stock management and replacement, and destructive manufacturing practices, have resulted in a fish oil industry without a future.

We have bigger, more efficient fishing vessels.

At the same time, we have fewer fish species available.

And the average size of fish caught is 1/3 of the size of the average fish caught 100 years ago.

'We're fishing babies now,' someone pointed out.

Which means that I will never recommend fish oils.

Given the industrial toxins, processing damage and ecological depletion, I cannot in good conscience recommend them for health.

However, I recently came across an undamaged, non-toxic, low on the food chain oil supplement that comes from a sustainable source - Antarctic krill (*Euphausia superba*).

It inspired me to take another look at the oil supplement topic.

Why krill and krill oil? My 10 good reasons could be summarized as follows:

- It comes from a low on the food chain source
- It is free of PCBs and dioxins
- It grows in the cleanest ocean water around Antarctica
- It is harvested in an eco-sustainable way
- The harvesting limits were set before the harvesting was even started
- This oil supplement is free of processing damage
- It contains its own powerful antioxidant
- It is in a form that is better absorbable than fish oils
- Less is needed for results
- It does not lead to unpleasant burps the way fish oils do

This is an oil supplement that is made with the same kind of forethought that went into my creation of the food oil foundation blend.

The producers even designed special harvesting methods that prevent by-catch from ending up in their nets.

The method they developed is energy-efficient.

It is environment-friendly.

I'm impressed.

This krill oil supplement is now available as **Udo's Choice® O-KRILL 3™**.

With Udo's Oil™ 3•6•9 Blend* as the healthy food oil foundation, and **Udo's Choice® O-KRILL 3™** as the healthy oil supplement, we can now offer them together as the world's most formidable team of oils for optimum human health.

*Sold in selected markets as Udo's Choice® Ultimate Oil Blend.

For more information visit:

www.udoschoicekrill.com and www.florahealth.com



www.florahealth.com

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