

Udo's 3•6•9 Oil Blend - Capsules



The Truth Fat

Most people think that avoiding all fat is the path to true health, but in reality there are two substances that can only be found in fat that are just as necessary to our survival as proteins, carbohydrates, vitamins and minerals. Of the many kinds of fats, only the ones called Omega 3 and 6 have been designated as essential fatty acids (EFAs) by scientists, because every living cell in the body needs these fats, but the body can't make them on its own. A direct food source is always required.

The key to health from fats lies in ingesting the essential ones in the proper ratio. This isn't usually achieved as it has been shown that the average diet is far too high in omega 6 and dangerously low in omega 3. Another concern we face when choosing a source of EFAs is that the majority of oils found on grocery store shelves have been damaged by heat, light and oxygen and modern processing practices. These oils may no longer provide healthful EFAs and may even be harmful.

Udo's Oil™ 3•6•9 Blend – Made with Health in Mind

Udo's Oil™ 3•6•9 Blend is a special blend of carefully chosen, natural, unrefined, EFA-rich oils that has a pleasant, nutty, buttery taste. It contains oils from fresh, certified organic flax, sesame, sunflower and evening primrose seeds as well as oils from rice and oat germ, providing 'minor' ingredients with major health benefits. This oil blend has added non-GMO soy lecithin, which improves oil digestion and provides the building materials for healthy cell membranes. Udo's Oil™ 3•6•9 Blend also contains coconut oil, which is easy to digest and assimilate and can be used directly by our cells as a source of energy without increasing fat deposits.

Udo's Oil™ 3•6•9 Blend is pressed and filtered in a state-of-the-art, low heat, light and oxygen-free environment to maximize stability and provide nutritional value and freshness. Nitrogen purged, amber glass bottles are filled with the oil blend and then nitrogen flushed to eliminate oxygen. The bottles are then capped and packed in a box to further protect the ingredients and ensure the highest available possible quality. It is kept refrigerated in storage and special packed for transit when the weather dictates to keep the heat sensitive EFAs fresh.