

Udo's 3-6-9 Oil Blend



Get your **DAILY QUOTA** of Essential Fats from this premium quality, plant-based oil!

Udo's 3-6-9 Oil is 100% Certified Organic.



Graham Healy Founder
Healys Health 1985

UDO's 3-6-9 oils recommended by Healys Health

<https://www.healyslowerbackpain.com/longevity-anti-aging>

Udo's 3-6-9 Oil Blend is quite simply the **best quality** product of its kind in the marketplace today. It has been developed for people who want all the good Omega fats they need, in a balanced ratio – without killing any fish to get it!

Udo's 3-6-9 Oil Blend® is a special blend of carefully chosen, natural, unrefined, EFA-rich oils with 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, formulated as a unique blend of beneficial ingredients for 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 3-6-9 Oil Blend® also contains medium chain triglycerides from Coconut Oil, which are easy to digest and assimilate.

Most people are aware that Essential Fatty Acids are indeed essential for good health. But most people also believe the best source is fish oil! [Recent studies](#) have shown that many fish oil products are failing to provide the nutrient quantity and quality they claim on their labelling, indicating that many consumers are wasting their money buying products that are full of damaged, rancid oils. This is mostly due to the high-volume, mass-production methods that pay little attention to the quality of the oil, ignoring the delicate nature Omega Fatty Acids and the requirement to protect them from heat and light.

Udo's 3-6-9 Oil 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 possible quality. You will always find Udo's 3-6-9 Oil Blend in the fridge rather than on the shelf to ensure maximum freshness. The majority of oils found in supermarkets have been damaged by heat, light and oxygen and modern processing practices, so our quality and packaging are very important.

Why do we need Essential Fatty Acids?

If you wish to travel the path to true health, there are two substances which can only be found in fat that are just as necessary to our survival as proteins, carbohydrates, vitamins and minerals – the Essential Fatty Acids:

1. Alpha-Linolenic Acid (ALA) from the omega-3 family, and
2. Linoleic Acid (LA) from the omega-6 family.

Every living cell in the body needs these Essential Fatty Acids (EFA's). They are so important they are known as "Foundational Fats". However, the body can't make these fats on its own, so they must be consumed directly from a food source.

The issue at hand is to help you find the best possible source of essential fatty acids and to integrate them into your daily diet. Udo's 3•6•9 Oil Blend® is such a food source, delivering a balanced 2:1:1 ratio of omega-3 to omega-6 and omega-9 Essential Fatty Acids (EFA's).

For more information about Essential Fatty Acids, read our articles:

> [Which Fats are Truly Essential](#)

> [Are you Getting Enough?](#)

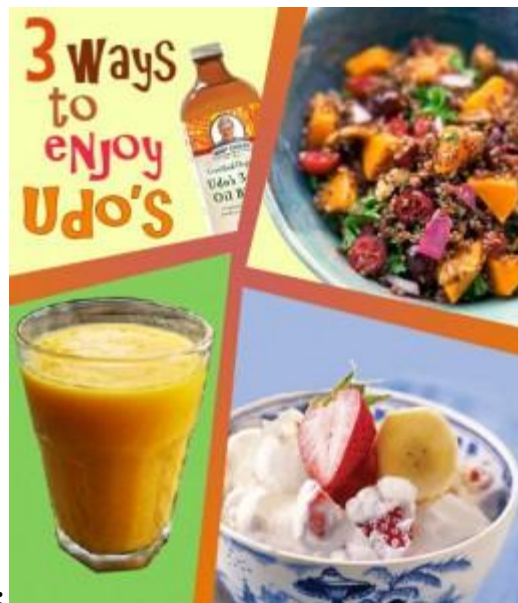
Udo's 3-6-9 Oil Blend® is:

- A certified organic culinary oil
- the ideal balance of omega-3 and Omega-6 EFAs
- a food – not a supplement
- light-tasting with a pleasant, nutty flavour
- made with your health in mind

- fresh-pressed with great care
- protected from heat, light and oxygen
- bottled in glass rather than plastic

Udo's 3-6-9 Oil Blend® contains:

- Flax seed oil: one of the richest vegetarian sources of omega-3
- Sunflower seed oil: deliciously rich in omega-6
- Sesame seed oil: lots of omega-6 and omega-9, antioxidants and phytosterols
- Coconut oil: rich in antioxidants and lauric acid, an immediate energy source
- Evening primrose oil: provides a rich source of GLA, polyphenols and other antioxidants
- Soy lecithin: GMO-free, helps ingredients stay blended and helps the body break down fats
- Rice and oat bran and germ oils: rich in oil-soluble phytonutrients- a major source of polyphenols, phytosterols and antioxidants
- Mixed tocopherols: A high gamma-blend of vitamin E to protect the oils and preserve freshness



Suggested Use – Oil:

Shake gently before use; any cloudiness is natural.
Keep refrigerated at all times to ensure freshness.

1-3 tablespoons daily, with meals will give you optimum benefit. Start with one tbsp per day and gradually increase to one tbsp for every 25kg of body weight per day.

Udo's Oil can be added to cold or warmed foods. Do not overheat or use oil for frying, as this can damage the fragile fatty acids.

Suggested Use – Capsules:

Capsules are also a convenient alternative for those on the move or going on holidays. Take 2-6 capsules daily with meals. Ideal for travelling and active lifestyles. Store in a cool dry place.

Contraindications:

Always check with your GP if taking medication.

Storage:

For optimal freshness keep refrigerated at all times. NOT a cooking oil – do not heat or use for frying as this will damage the delicate fatty acids. Once opened, consume within eight (8) weeks. Can be frozen to prolong shelf life. (Record freezing date on bottle. Oil shrinks when frozen; the glass bottle will not break). Can be frozen for up to 4 months after the declared “Best Before” date. Occasionally a cloudy layer may form – this is natural, just shake gently before use.

Available in 250 ml and 500 ml bottles.

Udo’s Oil Capsules: Ideal for travelling. Store in a cool, dry place. 14 capsules is equivalent to 15 ml (1 tbsp). Available in 90 capsules per bottle.

Which Fats are Truly “Essential”?



The absolute importance to our general health and well-being of Essential Fatty Acids is indisputable, and is the reason many consumers today supplement their diet with products such as fish and krill oil.

Unfortunately, not all Essential Fatty Acids are in these types of products, which can leave us vulnerable to deficiencies, and the health problems that may follow.

Essential Fatty Acids are comprised of a group of Omega 3, 6 and 9 fatty acids, including:

- DHA (Docosahexaenoic Acid)
- EPA (Eicosapentaenoic Acid)
- ALA (Alpha-Linolenic Acid)
- LA (Linoleic Acid)

In most cases, if you don't actually consume the fats you need, your body can create them from other fats, cleverly converting one type of fatty acid into another type. However, there are two types of EFA's that CANNOT be converted, they MUST be consumed: ALA and LA.

Whilst fish and krill oils are excellent sources of the Omega 3 fatty acids EPA and DHA, they are not a good source for Omega 6 EFAs.

Importantly, ALA and LA are not found in fish oils! They are, however, abundant in Udo's Oil.

Fortunately, both EPA and DHA can be made in the body, as required, from the ALA provided in Udo's Oil. The human body converts plant-sourced omega-3 to the same EPA and DHA that are found in fish oils. If you have enough ALA, your body will automatically convert it to what your requires at the time.

This is why Udo Erasmus describes ALA and LA as "Foundational Fats" – because they form the foundation of what is truly essential for the human body.



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Links below:

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