



## *Udo's DHA Vegetarian Oil Blend*

**Q: What are the health claims with this product?**

A: DHA oil can be used to support brain and eye function; it is especially good for the growth and development of brain, eye, and nerve function for children under 18.

**Q: How much DHA (converted and non-converted) will I get from 2 Tbsp of the Udo's DHA Oil?**

A: 200-240 mg and 6-8 mg EPA per 2 Tbsp from the DHA oil, as well as any additional amounts the body can convert from the flax oil, taking dietary and genetic factors into account.

**Q: What is the Recommended Daily Intake (RDI) in Canada for DHA?**

A: The RDI is between 100 and 3000mg daily. A minimum of 300mg DHA is recommended for pregnant and lactating women.

**Q: Why is there now the DHA oil as well as the original? Is the one with the additional DHA better?**

A: The original is for all those satisfied customers out there loving the results they have had. The DHA oil is for people who want the added benefits of an exact amount of DHA, as well as those who have not had the good results they expected from the original - caused by either not having enough starting material (ALA), or by dietary or genetic factors.

**Q: What is the ratio of the different Essential Fatty Acids (EFAs) in this blend?**

A: The ratio is still roughly the same as Udo's 3-6-9 Oil Blend: 2:1:1 (Omega 3, 6, 9).

**Q: Who should use the new Oil?**

A: Anyone who is wishing to guarantee a specific amount of DHA: a person with brain and eye function concerns; anyone who has not taken enough starting material to make the conversion; or anyone who has dietary or genetic factors influencing the conversion of DHA from ALA. ADHD, dyslexia, dyspraxia, and diabetes are some conditions that have been linked to metabolic difficulty in converting ALA to DHA.

**Q: Who should use the old Oil?**

A: Individuals who have been getting the results they wanted: improved sleeping, improved skin texture, or improved muscle recovery after a workout or strenuous exercise.

**Q: Why is the 0-3 level lower in the DHA oil than in the 3-6-9 blend?**

A: The Udo DHA oil blend has slightly different fatty acid profile due to the addition of the DHA concentrate. This lowers the total omega 3 level in the finished blend slightly and also increases the saturated fat content slightly as well.

Also - although it looks like there is a 1.5 g difference between these two, it needs to be kept in mind that the levels of the EFA's can vary slightly from batch to batch, caused by the growing conditions of the different seeds. We are trying to be as consistent as possible on the nutritional facts panels, but we must comply with the government rules that apply to the tables and how figures in them are rounded up or down. For example: 5.4 g is to be labeled as 5 g; but 5.5 g is to be labeled as 6 g.

So it may seem a significant difference to the consumer but the actual difference could be only 0.1 g.

**Q: Is the DHA Oil just as good for cooking and will there be a different taste to the recipes?**

A: Follow the same usage and directions as for the original Udo's oil. The taste is somewhat smoother so it will not affect the taste of the recipe.

**Q: Does the DHA oil have to be refrigerated?**

A: Yes, just like the regular Udo's oil.

**Q: What is the shelf life?**

A: The same as the Udo's oil. 6 months if unopened in the fridge - 4-6 weeks once opened.

**Q: Are the algae from the ocean, lake or farmed?**

A: The algae are marine algae originating from the ocean, BUT cultivated in fresh water fermentation tanks in an indoor facility. This way any contamination is controlled, so there are no PCB's or toxins commonly associated with regular ocean water. Flora receives the oil prior to any refining or deodorizing and in this state it contains extra nutrients. Other companies use the oil after it has been refined and deodorized.

**Q: If the algae are farmed, are they organic?**

A: The algae are not certified organic at this time but this DHA Oil product can be certified organic in the future. The algae are single celled algae and are unrelated to spirulina, chlorella, or blue-green algae. The algae used in this product do not perform photosynthesis. They are fed glucose, oxygen, and nitrogen in order to thrive and grow; it is through this growth and fermentation that the algae produce DHA.

**Q: What is the extraction process?**

A: The extraction of DHA oil from the algae is done at a GMP and Kosher certified facility without the use of any GMO products. The extraction process does NOT use hexane to remove the oil from the algae. Udo and Flora are satisfied that the method of extraction used for our product is the best to get the highest quality DHA without further refining such as would be necessary with hexane. Prior to this, extraction was only done with hexane. This change was done specifically due to Flora's involvement. Once the algae have matured, fermented and produced DNA, they are put on low heat in a rotary evaporator, blasted with nitrogen gas for a few hours, and then tested for solvent residue; the maximum allowable amount is 50 ppm. The DHA oil is then frozen and shipped to Flora from our supplier. At Flora it is further tested for solvent residue, fatty acid content, microbial levels, heavy metal and pesticide levels, and a rancidity scan to ensure it is a quality and clean product. The DHA oil is unrefined so no chemicals or bleaches are used on it at all. This also means that the DHA oil contains a full spectrum of phospholipids like phosphatidyl choline and serine. It may also contain a small amount of harmless sediment due to being unrefined.

**Q: Should one take less than 1 Tbsp/25 kgs now that there is DHA in the new oil?**

A: This is a personal decision. You can currently take 1 Tbsp/25 kgs. There is 100 mg of DHA per Tbsp in the oil. Any additional conversion of DHA from the ALA is determined by the individual's dietary and genetic factors. For brain and eye function one only needs 1-2 Tbsp per day or 100-200 mg of DHA.

**Q: Does this oil contain iodine? Is it a problem for a Hypo- or Hyper-active thyroid?**

A: The DHA oil in Udo's DHA Oil Blend contains no iodine.

**Q: How much GLA is in this DHA blend?**

A: Each Tbsp has 40-50 mg of GLA. Udo's 3-6-9 Oil Blend has 12mg of GLA per Tbsp.

**Q: How is the Evening Primrose Oil (EPO) in this product pressed?**

A: It is fresh pressed by expeller. Additional tests are done by Flora to ensure that the oil hasn't been damaged. These tests check for levels of poly-aromatic hydrocarbons. Not all EPO suppliers can provide oil that passes these tests.

**Q: Why is there rosemary extract in this blend?**

A: The rosemary extract replaces the vitamin E mixed tocotrienols as an antioxidant to extend the life of the oil. It also gives the oil a slightly smoother taste than the 3-6-9 oil blend. It works better than vitamin E for this particular blend.