

Questions & Answers



Udo's 3•6•9 Oil Blend Liquid / Capsules

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Please Note: n-3 and n-6 refer to the Omega 3 and Omega 6 fatty acids.

CONTENT QUESTIONS

Q: Are there any nuts in the blend, or have nuts been in contact with the pressing machinery?

A: There has been absolutely no contact with nuts in any way.

Q: Where does O-9 come from?

A: O-9 is in every seed and nut (with only 2 exceptions: chia seed and kukui or candlenut), from which oil is pressed. O-9 is a mono unsaturated fatty acid, and therefore is not considered essential - your body can make it from other sources.

Q: Why are some of the bottles of oil cloudy?

A: The cloudy layer is the "minor ingredients" of the oil, and includes things like lignans, phytosterols, carotene, etc. These are incredibly powerful elements that enhance the blend. Just shake the bottle gently before using.

Q: What is the cc equivalent for 1,000 ml of the oil?

A: 1 ml is equivalent to 1 cc. 1000 ml is equivalent to 1000 cc.

Q: Ingredients in the oil blend:

A: Flax Oil, - major source of n-3 (approx 75%), Sunflower Oil, Sesame oil - sources of most

(approx 20%) of the n-6 (all organic), Coconut oil – source of the MCT's that enhance absorption, Evening Primrose oil (12.6 mg GLA/15 ml oil), Lecithin (from Soy) – with an isoflavone content of less than 0.3%. There is no actual soy or soy oil in the oil blend Rice bran and germ oils, oat bran and germ oils Tocotrienols (Vitamin E - from rice): an all natural source Vitamin E from rice, which is very low in Alpha tocopherols, but high in Beta, Delta, and Gamma tocopherols. Alpha tocopherols will oxidize the EFA's, whereas the other tocopherols won't.

Q: Why the switch from MCT's to Coconut oil?

A: MCTs (medium chain triglycerides) formerly a part of the formula were derived from coconut oil by esterification. Quality Assurance International (QAI) regulations consider MCTs to be non-organic. Fortunately, whole coconut oil provides the same benefit (rapid muscle recovery) as MCT esterification and we found a certified organic producer. Since the certified organic designation is a key feature of Udo's blend, we changed the formula. Udo's Oil is still as healthy as it ever was.

Q: Why the lecithin?

A: The non-GMO lecithin improves the emulsification of the oil, and thereby its digestion and absorption.

Q: What is the carb content of the oil?

A: 0.1 %. In 1 tablespoon you will have 15 mg

Q: Lecithin and Vitamin E - are they non-GMO soy?

A: Yes, they both are.

Q: Does it have methionine or cysteine in it?

A: No, it does not.

Q: Is the oil high in lignans?

A: Lignans are part of the fibre of the seed from which the oil is pressed. There certainly are some lignans in fresh-pressed, unfiltered oils, but most of the lignans stay with the fibre or seed cake. All flax is high in lignans, but in order to get them, you would need to consume the ground flax seed, not just the oil.

Q: Are there isoflavones in Udo's oil?

A: Significant amounts are not present, because the only possible source is soy. The lecithin from the soy is an oil-based product (and relatively pure). Isoflavones are water/alcohol soluble, so the amount would be minimal if present at all.

Q: Is there any gluten in Udo's oil from the grains?

A: Most of the gluten stays with the fibre. With severe gluten intolerance, try 1 tsp. If there is no reaction, increase gradually to 2 TBSP.

Q: What is the phytosterol content of Udo's oil?

A: Udo oil contains approx. 27 mg to 49 mg of phytosterol per tablespoon. It is naturally occurring phytosterol not fortified.

Q: Are there any lignans in the sesame oil?

A: No, there are not.

DOSAGE AND USAGE QUESTIONS

Q: How much oil do I need to take as the label / box does not give a specific dosage?

A: Udo's Choice is not sold as a medicine but as a food supplement and Essential Fatty Acid (EFA) requirements vary from individual to individual depending on diet and body size. Nature has dictated that when we reintroduce EFA's into the diet our essential organs get the oils first and the skin last, after all we can live with bad skin but not a bad heart - therefore, skin is the best indicator. We generally say that when the skin is softer and feels well moisturised we then know the rest of the body has got adequate levels. Most people need more in the winter than summer to obtain the same results. An ideal amount is 1 tablespoon per 25 kgs of bodyweight.

Q: What age can you start using Udo's Oil?

A: The oil is suitable for nearly all ages, from an infant through to the elderly. As soon as an infant is eating solid foods it is suitable to start using Udo's. As the amount of EFAs your body needs depends on your size, children only need enjoy a comparatively small amount daily.

Q: Can the oil be added to hot foods?

A: Yes, it can: steamed vegs, baked potatoes, soups, etc – after they are served. It can even be used in baking bread. (Temp. up to 325° F / 160° C)

Q: Is Udo's Oil enough to function at peak mental/health performance?

A: I would not shun monounsaturated and saturated fats completely. Just make sure that n-3 and n-6 are present in your diet in optimum quantities, and that none of the fats you use have been fried, hydrogenated, or deodorized.

Q: Capsules versus the liquid oil:

A: Taking the oil in capsules is not the best idea. It takes 14 caps to give you 1 TBSP of the liquid oil. The caps are for convenience and travelling, not for continuous use. And yes, 14 caps really equal 1 T of liquid oil

Q: How much is recommended daily?

A: 2 TBSP per day is the base amount recommended. You can start with 1 TBSP and then increase, and you can go as high as Udo suggests if you wish. Udo recommends 1 TBSP for each 25 kgs body weight. Athletes can take a lot more and will improve their performance and recovery after exertion. You can put it on steamed veggies, cooked whole grains or any legume dish; use it in fruit smoothies, or with plain yogurt or cottage cheese.

Q: Any danger in taking too much?

A: Not really, but just like any other oil, these oils have 135 Cal/TBSP. Your body will let you know if you are taking too much. You will feel nauseated and will have much softer stools, almost diarrhoea. If this occurs, just cut back. Strengthens the body gently by stimulating metabolism

and immune system function

Q: What is causing the gas and bloating when I take the oil?

A: Nausea and gas or bloating, when ingesting the oil, can also be caused by your body not having enough digestive enzymes to digest the oil.

Q: How soon will changes be apparent?

A: This varies from person to person, because we are all so different. Udo states that the skin should become as soft and smooth as a baby's. If 2 TBSP per day for a few weeks does not seem to be enough, then try increasing it.

Q: Is it necessary to take this for the rest of one's life?

A: The Essential Fatty Acids (EFA's) in the oil are just that - essential. The body needs them and cannot make them from other foods, so they need to be taken with the diet. Most foods that used to contain EFA's have been so refined and "purified" – to extend shelf life - that they no longer contain any EFA's, so yes, they may need to be taken them for life.

Q: Can I stir-fry with the oil?

A: ABSOLUTELY NOT. Use water - better for you, and add the oil after cooking for the taste. If you MUST fry in oil, please use the most stable vegetable oils available. Coconut and palm oils are two of them.

Q: Can Udo's Oil and olive oil be taken in the same meal as any vitamin or mineral supplements?

A: Yes -- Look at nature -- Every cell of every living thing - vegetable or animal has essential fatty acids in the cell membrane. These cells in many instances hold vitamins and minerals. There are very small amounts of vitamins and minerals in cold-pressed unfiltered oils. Therefore, how can it make sense not to take vitamins and minerals with meals that have oils in them? It may not be a good idea to take your supplements and a TBSP of oil before a meal, but taken with meals is fine.

Q: Does oil coat intestines?

A: Most commercial oils might, because of their denatured qualities, but not the fresh-pressed, unfiltered oils that Flora produces.

Q: Is the Vitamin E content of Udo's oil adequate for this supplement or is more needed?

A: The Vitamin E in the oil is only enough to act as a minor anti-oxidant for the oils in the blend.

Q: Are there any side effects when taking the oil, especially when switching from caps to liquid?

A: The liquid oil is much better to take it with food - either as part of a fruit smoothie (blended fruit drink), as a salad dressing, or over steamed or baked vegetables.

Q: How long can the oil be left out of the fridge?

A: Our instructions say to make sure it is stored in the fridge, and to get the longest life for the oil, this needs to be done. A bitter taste in oil is not necessarily an indication of rancidity, especially in flax oil. Most often is an indicator that the growing conditions were not the best for the seed, therefore the seed is bitter, and this bitterness transfers itself to the oil. By comparison, when oil is a maximum of 2% rancid, you will not even be able to keep it in your mouth; you will want to get rid of it fast.

HEALTH QUESTIONS

Q: Is the EPO content a problem for someone with asthma?

A: There have been no reports on a reaction to this at all.

Q: Can the oil be taken by someone with only one kidney?

A: Yes, it can. Oil digestion takes place in the stomach and the wastes leave the body primarily via the intestinal tract.

Q: Can the oil be taken with dairy products when dealing with skin problems?

A: Dairy products can be part of the cause of the problem, so try to eliminate them, while taking the oil with other foods, and see what the results are.

Q: Does this oil speed up the heart beat?

A: n-3's stabilize cardiac rhythm. The lack of it can cause arrhythmia.

Q: Is it safe with beta blockers?

A: No contra-indications indicated.

Q: What effect does the oil have on cholesterol levels?

A: One of the effects is to dissolve cholesterol from the artery walls and other places where it has been stored over the years. This dissolved cholesterol is then transported by the blood to the liver, which will then convert it into bile and discharge it into the digestive tract.

Three points become very important here:

First – the dissolved cholesterol in the blood can raise the blood cholesterol levels for the first 3-4 weeks, until the stored cholesterol is removed. Then the cholesterol count will go back down.

Second – unless you consume a lot of fibre with your diet, the bile that has been discharged into your digestive tract, will not be locked up in the fibre, and may be reabsorbed from the colon into the blood along with the water that is absorbed at the same time. Udo's Choice Wholesome Fast Foods is a very important source of good fibre for this, and this brings up point three:

Third – it is very important to make sure you drink at least 6-8 eight ounce glasses of water every day, to help hydrate your body and assist the fibre in absorbing the bile properly to get rid of wastes including the cholesterol-sourced bile.

Q: Gluten and Coeliacs and Udo's oil:

A: The following statement comes from the testing the government of Germany has done on our oil: "The oil blend has been assayed for the content of gluten, as it contains unrefined oil pressed from oat bran and germ. The levels of gliadin are very low and in accordance with Codex Alimentarius standards. Udo's Oil is to be considered gluten-free as the miniscule amounts of gluten present are much lower than those found in "gluten-free" grains such as buckwheat."

Q: Can coeliacs take the oil?

A: There is an individual response to this - some individuals who are very sensitive to oat bran/germ cannot use the oil. Others, who are not so sensitive can. The only way to find out, if you are not sure, is try it. The Celiac Association of Canada says there is a problem with oats and its derivatives for Coeliacs. On the other hand, there is research stating that oats do not contain the type of gluten which is of concern for coeliacs. Oat bran is listed on the label so consumers can make their educated decision about using a product which contains it.

Q: Severely allergic to peanuts?

A: No peanut contamination in it. Try a drop of the oil on the tongue. If there is no reaction, try a tsp. If still no reaction they should be fine.

Q: Is Udo's oil okay with allergic reactions to milk, gluten, corn products, also hay fever?

A: The allergies, which people have to grains, are most often caused by the protein, or the fibre in the grain. The beneficial ingredients in the oil may help people get over these allergies.

An allergy can indicate that the cells in the body are not able to defend themselves against foreign substances. One of the reasons for this situation is the membrane or skin of each cell is compromised, because it does not have the proper building materials to make and maintain a strong membrane. These materials usually are the EFA's, which we get from seed oils like flax, and sunflower etc.

The lack of them may not be THE cause of allergies, but it is logical that it could be a contributing factor. Someone with allergies would be very wise to take Udo's oil, BUT they should start at a very reduced level. Instead of 15 mls 2x per day, maybe start at 5 mls per day, and gradually increase by 5 ml increments every 2-3 days, until they reach the target amount. A person taking too much oil might experience very loose stools, or maybe some gas or mild cramping in the stomach. Make sure the oil is taken WITH food, and if discomforts are experienced, reduce the amount of oil, and/or add Udo's Choice digestive enzyme blend to the regimen. This is especially important for older people. Another essential factor is water, of course. I hope you understand that you need to drink a lot of water to flush out the wastes that are produced by normal cellular metabolism.

Q: Do I have to avoid all fats with diabetes?

A: EFA's are needed very much by the body. Insulin cannot be formed with out them. Focus on lots of green vegetables, keep other carbs only to the amount the body can readily use for energy. Avoid meat and dairy. Stay away from commercial fats and oils that are: hard at room temperature, have been processed with chemicals or under high heat.

Q: Can a person w/o gallbladder still benefit from the oil?

A: Yes, take it in smaller amounts, more frequently and WITH food. Also recommended is Sweden Bitters to stimulate the production of digestive juices, and Udo's enzymes to help digest the food.

Q: Can I take Udo's oil with a malfunctioning gall bladder?

A: The gall bladder is a bile storage sack, the liver is the organ that produces bile. Bile is one of the substances that digests the oil, but one organ malfunctioning can affect the others. Suggestion: Start with a small amount (approx 1 tsp/day) and see how the body responds. Lipase, the fat digesting enzyme, could also help the situation. After the first week, if there is no problem, gradually increase the amount of the oil.

Q: Could the oil blend help with neuralgia type pains up and down arms?

A: It is possible that part of the cause for this might be that EFA's are lacking and you are dealing with systemic toxicity – Udo's oil and Flor•Essence could be of assistance.

Q: Shingles on face?

A: Mercury filling were removed and shingles developed. Flor•Essence is suggested for cleansing, Udo's oil for rebuilding, strengthening and protecting every cell in the body, together with the minerals from VegeSil. There are also several other herbs including garlic that can be used as antiseptics and poultices.

Q: Will good polyunsaturated oil make a difference with kidney stones?

A: Possibly, but mostly by preventing dehydration. Water, magnesium, B6, malic acid, and some herbs, including hydrangea root have been used for kidney stones. It may be smart to have the stones removed or lithotripsyed, BUT definitely talk to your doctor to get a professional opinion.

Q: Does the oil create constipation?

A: Usually the opposite occurs if a person is not accustomed to taking the oil. Constipation is most often caused by not eating enough fibre and/or not having enough water in the diet.

Q: Does the oil cause headaches?

A: Possibly. Since the oil can cause fat stored toxins to be released from their storage sites in the body, these released toxins travel via the bloodstream in order to be eliminated from the body.

This elimination process may cause headaches to develop, but as the cleansing proceeds, they should go away. Drink at least 2 quarts (litres) of water every day to alleviate this distress. This helps flush out the toxins and wastes that result from normal cellular metabolism, which can build up around your cells. It is the reason we recommend this as part of your daily routine. It is also always a good idea to check with your doctor if symptoms persist.

Q: Do EFA's thin the blood? Can it be taken before, during, and after surgery, or while on coumadin or other blood thinners?

A: All oils can do this, but Udo's oil to a much lesser extent than fish oil. Fresh EFA's from seeds are very oxygen-friendly, so any blood-thinning happens very gradually, and naturally. It is wise to make sure a health professional, who is knowledgeable about nutrition-oriented health management, keeps monitoring. It should be possible to gradually add the EFA oils while reducing the blood thinning medications.

Q: Is there a link between infertility and EFA's?

A: Yes, EFA's are a necessary part of the balancing of hormones and n-6 deficiency has been

linked to male sterility and female miscarriages. Emanuel Cheraskin in his research has also recommended high daily doses of Vitamin C for infertility, with good results, too, so it is not just EFA's.

Q: What types of health issues are linked to EFA deficiencies?

A: For new mothers, post partum depression can be quite severe when the EFA's are missing in the diet. The whole body needs to be brought back into balance and the hormones are the biggest part of that balancing.

Lack of energy after birth also can be affected as can health issues such as auto immune and/or collagen inflammatory conditions - lupus, fibromyalgia, depression, etc.

EFA's help make hormones work more efficiently, so we deal with stress, PMS, and menopause better. They help insulin and thyroid hormones function properly. They also aid digestion, which can decrease inflammations such as leaky gut, and the allergies that can result from it. Chronic Fatigue is more of a problem of exhausted adrenal glands, so Vitamin C, and the B Vitamins could be very helpful.

Q: How can diabetics be helped with EFA's?

A: Almost all type II diabetics, to a person, are EFA deficient. Their bodies lack n-3, and they have had too much saturated fats in their diet. This can contribute to making them resistant to the insulin their bodies produce. To add to the problem, refined carbohydrates make the insulin resistance worse.

EFA intake can raise blood sugar temporarily, but it does go down again. N-3 helps insulin resistant diabetics be more balanced. Diabetics are supposed to get their carbs from vegetables primarily, not from grains, and starchy foods.

Q: How can arthritis be helped with EFA's?

A: The n-3 EFA is an anti-inflammatory. Taking 30 g of EFA rich oil from seeds will equal the intake of 3g of fish oil once converted, and will give a wider range of benefits, less side effects, and better compliance with the needs of the body. Many people take up to 10 TBSP of seed sourced EFA rich oils per day, and add a couple of enzyme capsules to aid digestion. This has been shown to remove joint pain, and increase energy, and mobility.

Q: How is cholesterol controlled with EFA's?

A: n-3 raises HDL, and lowers LDL – over time. At the beginning, it may seem that the cholesterol is rising, but once the body starts to get rid of the cholesterol through the liver and the digestive tract, it will go down again. Wholesome Fast Foods is a fibre food, which helps absorb the excess cholesterol in the digestive tract and escort it out of the system. In a study done in Denmark, in a 3 month period 39% of the participants saw their triglyceride levels go down, their LDL go down, their HDL go up, and their HDL to LDL ratio go up.

The ingredient that may be as important as the EFA's are the phytosterols. There are 65 mg per TBSP and that amount lowers the total cholesterol significantly.

Sterolins, which are in some products with phytosterols are said to be beneficial too, but all they really are is a glucose or sugar molecule added to a phytosterol molecule. There is no documented benefit to them for cholesterol problems.

DIETING / WEIGHT QUESTIONS

Q: Do many people use the oil for weight loss? If so, how can it work having 29g of fat in two tablespoons!

A: Fat in the diet: Most of us have been educated into believing that low fat/no fat diets are good for us. Actually, the most commonly accepted way of looking at fat intake, is that the average person needs about 2000 cal per day to maintain weight, with the corresponding amount of exercise etc. Of these 2000 cal, 30% or 600 cal is supposed to come from good nutritional fats.

Since 1 TBSP of Udo's Oil is 135 cal, it means that the RDA of the oil (2 TBSP) is only 270 cal of your daily fat calorie allowance. This means you are far below the allowance, and you have some room for foods with fat in them, or some butter, or olive oil if you want it.

If you have been accustomed to a very low fat, or no fat diet, it is entirely possible that you could gain weight.

BUT what needs to be remembered is that excess weight primarily comes from taking in too much in refined carbohydrates, such as the ones high in starch, as well as refined sugars or white flour. A carbohydrate, when broken down by the body into the glucose is what the body uses for fuel. If the intake of fuel is higher than what is burned, the result will be weight gain.

The other point to remember, when consuming Udo's oil, is that you also will be getting the essential fatty acids (EFA's) that are absolutely integral to the proper functioning of every cell in your body, especially the brain and nerve cells. This is the main reason for taking in oils high in EFA's.

Q: Does it make sense to just add flax oil to the diet?

A: Rather than adding flax oil, which has a 4:1 balance of n-3 to n-6; it would be much healthier to eliminate the sources of the damaged n-6: commercial, readily available cooking and salad oils, as well as fried foods. Our diet has changed in the last 50 years to the extent that most of our foods are fried in vegetable oils. In traditional cooking, foods were boiled, baked, roasted, or, if fried, it was done with hard fats like butter and lard, so it would be good for your health, to take a serious look at how foods are prepared.

Q: How do EFA's affect weight loss?

A: n-3 can turn off the "fat-making" gene, and turn on the "fat-burning" gene, BUT carbohydrate intake needs to be reduced drastically.

Carbohydrates are converted into glucose in the body, which is the "immediate" fuel our cells use to create energy. If more fuel is supplied than is needed for energy at that time, the balance of the fuel will be transformed into a "storage" form of fuel, = fat.

CLA QUESTIONS

Q: What is CLA (Conjugated Linoleic Acid)? Why it is not in Udo's Oil?

A: CLA is a 'damaged' fatty acid. It is called a trans fatty acid, and in large quantities, yes – it may help burn fat, but it can potentially damage cellular membranes, and the liver as well as be toxic and interfere with n-6 absorption. N-3 does the same, but slower, more naturally, with no side effects. The only place CLA may help in humans, is with abdominal obesity.

Q: How much CLA in 1 TBSP?

A: Not detectable.

EPA / DHA QUESTIONS

Q: EPA (EicosaPentanoic Acid) content in oil?

A: Certificate of Analysis shows that the EPA (EicosaPentanoic Acid) is 0.1% of total fatty acids in the formula, but this is not an indication of how much EPA your body can produce from the n-3 in the oil.

Q: How much DHA (Docosahexaenoic Acid) is there in the oil blend?

A: There is no DHA in Udo oil. It contains linolenic acid (omega 3). Your body converts linolenic acid to EPA and DHA as needed. The conversion rate varies from person to person, but the average is 10%. The FDA's RDA of Omega 3 (DHA) is 2 g daily

Q: Vegetarian source of EPA and DHA?

A: The traditional source of EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) is from the oils of cold water fish and marine animals. Among land animals it comes from the brain and glandular tissues. Modern scientific research has found out that these oils deteriorate very rapidly after an animal dies!! (p 22 of Udo's book "Fats that Heal, Fats that Kill")

These two fatty acids are manufactured in the animal body - and in human bodies - from Linolenic Acid or O-3. EPA and DHA are normal constituents of our cells, especially abundant in brain, nerve, visual, adrenal, and sex gland cells. In other words the most bio-chemically active tissues in our bodies.

However, in order for our bodies to produce EPA and DHA from n-3, the cells have to be healthy. Degenerative conditions may impair our body's ability to make them. (p 259 - Udo's book)

Fish and marine animals do produce these fatty acids in their bodies, but they get much of the EPA and DHA they require from brown and red algae. These plants manufacture it from sugar, starch and cellulose!!

Q: Why is DHA from fish oil sometimes suggested?

A: Essential Fatty Acids (EFA's) MUST come from food. The body cannot produce them. The following 'chart' gives you the Enzymes (delta desaturases & elongases) used in the breakdown of the Omega 3 EFA family:

Fat + (delta 9 desaturase) = Alpha linolenic Acid (LNA) + (delta 6 desaturase) = Stearidonic Acid (SDA) + (elongase) = Eicosatetra enoic Acid + (delta 5 desaturase) = Eicosapenta enoic Acid (EPA) + (elongase) = Clupano donic Acid + (delta 4 desaturase) = Docosahexa enoic Acid (DHA)

This is the way fats are digested in humans, and there probably is a very similar system functioning in animals.

You can see from this that the O-3, from the algae the fish has eaten, has gone through an enzymatic digestion process to become DHA. These enzymes may be missing in human digestive tracts, but this is extremely rare. It mostly occurs in children with ADD/ADHD.

Q: Omega 3 - Fish vs Plant source:

A: The n-3 EFA in the Udo's oil blend is transformed by the body into the EPA and DHA as it needs it. These EFA's are readily available in fish oil. However, n-3 in seeds is more stable, less processed and the body has better metabolic control over the transformation process. Fish oils are faster acting.

The other concern with many fish oils on the market is that they may go rancid very fast (this rancidity is what gives fish oil its characteristic smell and taste). One indicator of rancidity is a fishy smelling burp after taking a capsule of fish oil. Fish oils also may contain high levels of mercury and other toxic metals.

Q: How is n-3 used by the body? What about conversion n-3 to EPA and DHA?

A: Half of the n-3 intake gets burned for energy. 10-20% per day is converted into EPA/DHA, but this conversion depends, in part, on the ratio of n-3 to n-6. The conversion is slowed down by excess n-6 intake, so the two EFA's need to be properly proportioned and balanced. It is very rare to lack the enzymes that do the conversion, because these enzymes are active in the body before birth. What may be hindering the conversion is a lack of nutrients like zinc, magnesium, copper, B3, B6, Vitamin C and E.

Also, 95-99% of the population does not get enough n-3, and what is not present cannot be converted.

Saturated and trans-fatty acids can also hinder conversion.

N-3 and n-6 from organic seed oils are very easily used, and the fact that they are organic is a bonus. It is a good idea to build a foundation with the seed oils, and then, if it is thought necessary, eat fish to get the EPA/DHA from a good source.

GLA QUESTIONS

Q: What is GLA (Gamma Linoleic Acid)?

A: Gamma Linoleic Acid – which is another name for LA or Linoleic acid (n-6 – O-6)

Q: In terms of the GLA content, is it possible to get too much GLA?

A: Almost impossible. You would drown in the oil first. There is only a little GLA in the blend, and since the body makes GLA from n-6, you really cannot get too much from the oil. The n-3 in the blend keeps everything in balance.

Q: Will eating oatmeal several times a week ensure adequate levels of GLA?

A: Not accurate. Most people will make GLA from the Fatty Acid n-6, and that is in more foods than just oatmeal.

Q: What happens if there's an excess of GLA in the diet?

A: This has not been recorded. N-3 will prevent over production of GLA and other n-6 derivatives.

PREGNANCY AND NURSING QUESTIONS

Pregnancy:

Q: Is Evening Primrose Oil safe to take during pregnancy?

A: The North American diet has lots of n-6, and very little if any n-3. Adding EPO to the diet adds more n-6. If the mother is taking n-3, there is no problem, but she must be taking enough n-3.

Q: Should a woman who has pregnancies close to each other take more EFA's?

A: To help understand: In the placenta, there are receptors which "pull" EFA's from the mother. A nursing baby will remove up to 11g of EFA's per day from the mother's body.

In theory, children may even draw more than 11g from the mother before birth, and after. The brain of the foetus starts developing 6 weeks from conception, and doesn't finish developing in size until at least the child's second birthday. Keep in mind, the brain is composed of 60% fat, 30% of which are EFA's.

Studies have shown that 3% of the weight of the mother's brain can be lost during each pregnancy, and it can take up to 6 months for the mother to gain that back through her diet alone.

If the mother takes EFA's before and during pregnancy, it usually results in an "eventless" pregnancy and birth. This means that everything during this time goes smoothly. This info comes from feedback from mothers, doctors, and midwives. Women who have babies close together, and may even be nursing one, while carrying the second, need even more EFA's.

Q: When should a woman who wants to get pregnant start taking EFA rich oils, and what are the benefits?

A: Three years before conception!! The basic benefits are the same as for everyone: increased energy, managing cholesterol, weight loss, stabilizing blood pressure, moisturizing skin, integrity of the nervous system; the others that pertain to pre-pregnancy are: contributes to an increase in fertility in both men and women, balancing of hormones.

Q: What types of health issues are linked to EFA deficiencies?

A: For new mothers, post partum depression can be quite severe when the EFA's are missing in the diet. The whole body needs to be brought back into balance and the hormones are the biggest part of that balancing.

Lack of energy after birth also can be affected as can health issues such as auto immune and/or collagen inflammatory conditions - lupus, fibromyalgia, depression, etc.

Nursing:

Q: Breastfeeding and babies:

A: All of the Udo's products can be taken while breastfeeding, in fact the baby will benefit from them. The EFA's are the reason why a pregnant or nursing woman should take the Udo's Choice oil. These are very necessary for brain and nerve development and functioning in the newborn or fetus. It also protects the gut integrity in infants. In other words, food allergies are drastically reduced compared to children whose mothers did not take enough of these fatty acids during their pregnancy or during nursing.

Many case histories show that the children who had the benefit of the fatty acids during their gestation time were more alert, more active, and learned faster than children that did not have

that benefit.

The same applies to the mother taking the oil while breastfeeding. Some of the EFA's that the mother's body does not need will transfer to the baby's during breastfeeding.

Q: How much EFA rich oil should a woman take while nursing?

A: The recommendation for pregnant women and new mothers is 1 TBSP/25 kgs weight, in climates where there is humidity in the air. In dry climates more may be needed. A good indicator is the skin of the mother. If her skin is dry, and becomes less elastic, if she uses moisturizers; and if she has low energy, she needs EFA's in her diet. As a pregnant woman's weight goes up with the growth of the fetus, her need for more EFA's will rise also. If she takes too much she may experience a loss of appetite, or nausea.

INFANTS AND CHILDREN QUESTIONS

Infants:

Q: How are EPA's involved in healthy brain development? Which particular EFA? Is there a required unique balance?

A: The brain is 60% fat. Of this, 30% are EFA's. The brain will pick the EFA's it needs and n-3 and n-6 are usually in a 1:1 ratio in the brain, but 95-99% of the population does not get enough n-3.

The body will convert n-3 and n-6 into the EPA & DHA the brain needs, if these EFA's are present.

Children:

Q: For children:

A: Up to 1 year - proportional to weight, ie: adult: 2T for 75 kgs, baby: 10 kgs = 1/7th less = 1tsp
1-3 years - 2 tsp
3-10 years - 1 Tbsp
10 yrs and up - the full 2 Tbsp

Q: When should a child begin to get essential fats?

A: Three years before birth is ideal! Essential fat deficiencies in mothers can have a detrimental effect on children for up to 3 years after it is corrected. A pregnant mother needs to have enough essential fats for herself and her growing child. Nursing mothers also need plenty of the good fats as these are passed on through breast milk.

Studies show that an infant will draw 11g, almost half of an ounce, of EFA's from the mother's milk each day.

When a baby is formula fed or on solid foods, the right fats, as well as digestive enzymes and friendly bowel bacteria should be added, since these are not present in formulas and commercial baby foods.

They are important for the child's good health and development.

Q: Will my child be smarter if I increase my oil consumption while pregnant, and what are the learning benefits?

A: Yes, the EFA's will speed learning. Children born to EFA consuming mothers are generally brighter, and more energetic. They show exploratory interests, visual acuity, and pattern recognition earlier.

MANUFACTURING QUESTIONS

Q: When was the formula changed to add the coconut oil?

A: January 2004.

Q: Is coconut oil really bad for you?

A: Cold pressed, unrefined plant-sourced oils, even saturated oils like coconut oil, are not harmful in moderation. The amount in the Udo's blend is minimal. If this oil were harmful, more of the people from Polynesia would have heart problems, because this is the oil they traditionally use. Like any other oil, coconut oil can become harmful if foods are fried in it.

Q: How is the coconut oil extracted?

A: Coconut oil is much more stable than flax oil, so it can be pressed at higher temperatures without damaging the oil. I do not have information on the precise temperature, and as far as further refining - to the best of my knowledge, the oil doesn't go through any other process other than possibly a physical filtration procedure. This process is not a chemical filtration.

Q: Vitamin E content of the oil blend?

A: The Vitamin E in the blend comes primarily from tocotrienols. The tocopherols are present in small quantities also. Both of these come from the rice bran oil.

Q: Is there any soy in the oil?

A: Udo's oil does have some soy lecithin in it. There is no E in Lecithin.

Q: Capsule material?

A: Gel caps are used. They contain carob to keep out the light.

Q: Is there a difference between gold and brown seeds?

A: None, as far as the active EFA's are concerned.

Q: What are the lumps in the bottom of the bottle?

A: This is a natural occurrence as unrefined oil contains a whole range of natural occurring fatty acids. Some of these fatty acids like monounsaturated, saturated and short chain fatty acids tend to coagulate at lower storage temperatures. Depending on the quantity of oil and the temperature it is exposed to, the degree of solidification will vary. Normally the oil stays in liquid form above 4 degrees. When temperature drops closer to zero, one may start seeing some solidification. The globules should disappear at room temperature.

Q: What temp do oils reach during expression?

A: This varies slightly from seed to seed and batch to batch. The oil has been measured just coming out of the presses, and it was between 20 and 30 degrees C.

Q: Does oxygen from plastic bottles leach into the product?

A: Not known for sure. We bottle in glass.

Q: What is the difference between cold pressing and Fresh pressed?

A: The US government has determined that 'cold pressed' means the oil pressing machinery operates under refrigeration. Fresh pressed means the product goes from seed to finished, packaged product in the cooler in 24 hours.

Q: Best before date vs pressing date:

A: Both should be on the box & label, and are usually 6 months apart. The oil, frozen, is good for approx 1 year.

STORAGE AND PACKAGING QUESTIONS

Storage:

Q: Keeps how long once open?

A: 3-4 weeks in fridge.

Q: Does the oil need refrigeration?

A: Yes, We press it in a cool environment, store it refrigerated and ship it cold when the weather dictates. It is best if it kept cold at the retail level and at home.

Packaging:

Q: Why not plastic bottles?

A: Oils can swell polyethylene, and therefore some of this substance may leach into the oil. As well, there are other environmental issues that need to be addressed with this unnatural material, as well as unanswered health questions.

Q: How to travel with the oil?

A: Use caps or put the liquid oil in a freezer pack to transport. The caps were not put out on the market to replace the oil, as it would take 28 caps of oil to equal 2 TBSP. The caps were developed for emergency or travel purposes, so you could take 3-6 per day for a limited time to maintain a level of the EFA's in your body, while you did not have access to the liquid oil.

If you do want to take the bottled oil, the simplest thing to do is acquire one of those small igloo coolers, or the water proof freezer gelpacks for picnic lunches. You fill the cooler with ice to surround your bottle of oil, or put the frozen gelpacks around the bottle. This will keep it cool until you reach your destination, and then you can either get more ice, or put the bottle in the fridge.

MISCELLANEOUS QUESTIONS

Q: Plant Phytosterols in the oil?

A: These are very beneficial for human health, they can lower serum cholesterol, and reduce

BPH. Udo's oil averages 4.33 mg of phytosterols in 1 ml oil = 130 mg in 2 TBSP of oil

Q: Is more info on the use of Udo's oil with horses available?

A: Dosages: If results can be gradual (7-8 months) - 2 T/day on food. If it a high performance race horse or results are wanted within a month - 4 ozs or 1/2 cup of the oil on the food is a good amount

Q: Is there a difference between flax seeds and flax seed oil?

A: Yes there is. The seeds and the oil are each beneficial, but in different ways.

- The seeds have some EFA's, but they are especially beneficial for the proteins, lignins and other carbohydrates that create bulk in the stool to help the body flush away excess cholesterol. They may also have some vitamins and minerals.

- With the oil, the body gets the essential fatty acids (EFA's) it needs to feed your brain and nerve tissues, strengthen and help maintain the integrity of the membranes of every cell, assisting them in protecting themselves against disease. The EFA's also help move the deposits that are causing health problems out of the arteries.

Q: Do flaxseeds or the oil have enough Vitamin E to eliminate taking additional supplements?

A: No. Neither the seeds nor the oil have enough Vitamin E.

Q: How is an oil enema done?

A: Water enema first to clean out the bowel, then 8 oz of the oil and hold it in for 15 mins. It will dissolve the oil-based toxins that can gather in the lymph node pockets around the anus and will flush them out. Need really good sphincter muscle as the oil is by nature very slippery; or lie down on a slant board for the time, with your feet higher than your head.

Q: Can the oil be used effectively not only internally, but as a topical solution to help skin?

A: The oil can be used topically, to help with problems of the skin. It can help to rebuild the collagen in your skin, as well as feed your cells properly. The best product I have found for rebuilding the collagen - aside from 6-8 eight ounce glasses of water every day - is VegeSil. This is a vegetable source of silica that is very bio-available to the human body and is essential for your bones, hair, nails and skin as well as all other connective tissues. Together this product and the oil are essential for the cells to be formed properly.

Q: Would your ratio work for people in the Middle East for example?

A: The ratio of n-3 to n-6 is 2:1. For healthy people, a wide range of ratios can keep them healthy: 2:1 for Inuit; 1:4 for Italians. Both groups of people have a brain ratio of 1:1. This means the brain takes what it needs from what it gets, provided enough of both essential fatty acids are present. What is left over goes to the rest of the cells of the body.

Q: Have you heard of the oil giving any changes in the hormonal system? Since I have been taking it my breasts have been very tender and have now augmented 2 sizes. Can it have this affect?

A: In the short term, you might get tenderness as the body deals with some outstanding biochemical issues. But generally, the oils help to reduce pre-menstrual breast pain. In terms of enlarged breast, I would think it's carbohydrates whose excess consumption will increase body fat

that would be responsible for this happening. I am not familiar with essential fatty acids increasing breast size, but if they did, imagine the market! What we do know is that essential fatty acids are extremely useful for health.

Q: Where can I find the research to back up the information on EFA's?

A: The book called "Fats that Heal, Fats that Kill" is one good source. Accessing "Medline" on the Internet can also be very helpful. All the research on the fatty acids and health concerns can be found by searching for n-3 or n-6 and ...the name of whichever health issue is the concern. i.e: "n-3 + cholesterol" or "n-6 + hormones"