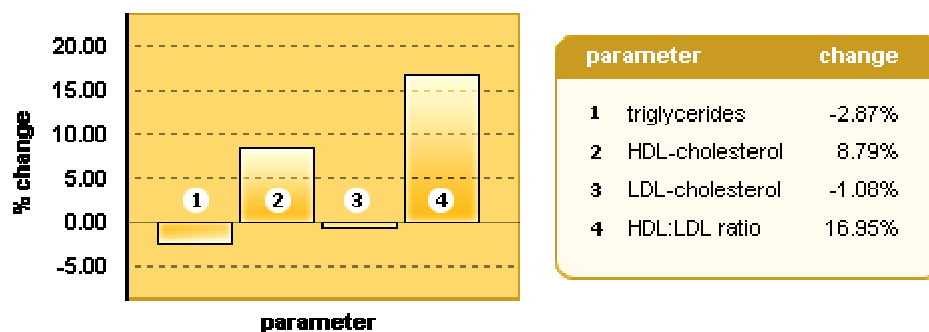


Trial Indicates Udo's 3,6,9 Oil Blend can play a supporting role in cardiovascular health

This study carried out in Denmark showed that adequate amounts of Udo's 3,6,9 Oil Blend as part of a healthy diet can play a positive role in maintaining cardiovascular health

Forty-one active males and females, ranging in age from 16 to 62, took Udo's 3,6,9 Oil Blend for approximately 8 weeks, progressively increasing intake from an initial 1/2 tbsp of oil per 25 kgs of body weight daily, rising to 1 tbsp per 25 kgs of body weight after 2 weeks. Blood samples for analysis were taken at the beginning and end of the 8 week trial.

Average individual change after 8 weeks (59 days) in the main group of 41



The beneficial changes observed in the four measured parameters show that including Udo's 3,6,9 Oil Blend in the diet helps promote a favourable HDL:LDL cholesterol ratio, an important factor in cardiovascular health.

Cardiovascular Factors Explained

HDL-cholesterol

HDL stands for High Density Lipoprotein. HDL lipoproteins carry cholesterol from our cells back to the liver for disposal. HDL is the "good" cholesterol, as it has the ability to carry cholesterol out of the arteries.

LDL-cholesterol

LDL stands for Low Density Lipoproteins. LDL is considered "bad" cholesterol because if it is oxidized it can easily be deposited in the walls of arteries. A low LDL count is desirable.

HDL:LDL Ratio

This is a measure of the "good cholesterol" in relation to the "bad cholesterol".

Triglycerides

Triglycerides are fats circulating in the blood.