

## athlete testimonials

"I am convinced that this oil has been the key to a "transformation" in my physical fitness. Better still, it feels like the longer I'm on the oil, the better things get! I'm convinced that as the inflammation in my body reduces (as a direct result of using the oil) my body will continue to improve. I'm absolutely beside myself with excitement at this prospect! My power output has not only remained but INCREASED, my energy levels are unbelievably solid and my endurance has drastically increased."

**Antony Galvan - Cyclist**

World Silver Medalist and Current World Record Holder

"After using Udo's Oil, I noticed that I slept better. Energy and endurance levels improved. My perceived effort was less and recovery was quicker and more complete. I noted less soreness after strong running sessions or gym workouts. Like all athletes, runners are looking for the edge, and with Udo's Oil you will definitely get that boost!"

**Faye Amos - Distance Runner**

2 X Division Winner Royal Victoria Marathon

"The benefits of the oil for me were outstanding across the board - tremendous gains for me as an athlete. Speed, strength, stamina, endurance and recovery."

**Jon Anderson - International Strongman**

2003 North American Strongest Man Champion

"After only six weeks on Udo's Oil Blend, I matched my previous best lifts in Olympic Weightlifting. My endurance and energy levels were noticeably improved and my recovery time between workouts was shorter. My joints operated in a very fluid fashion without any pain or glitches. Since I have never been inclined to the "placebo effect," I would have to say the changes are real and lasting!"

**Coach Doug Briggs - Ph.D., Physical Education, NSCA CSCS,**

**Director of Human Performance - US ARMY/MWR at Fort Bliss.**

USA National Master title holder in Olympic Weightlifting

## Source Matters

Omega Fatty Acids come from both plant and animal sources, Udo's Oil Blends are made exclusively with 100% sustainable plant based ingredients. Plant based Omega Fatty Acids are free of ocean-borne contaminants and concerns associated with global overfishing. Udo's Oil is pressed in a state-of-the-art, low heat, low light and oxygen-free environment to optimize freshness and provide maximum nutritional value. All of the ingredients in Udo's Oil pass rigorous quality control testing and are certified organic whenever possible. Udo's Oil is packed in amber glass bottles, refrigerated for storage, and shipped cold for transit during warm weather.

## What If I Take Fish Oil?

Fat is essential to human health, without it we would not survive. The recommended daily intake of fat for adults is between 65-100 grams. Fish oil supplements, on average, provide 3 to 5 grams of fat. 5 grams of fish oil equals 2.25% of calories in a 2,000-calorie diet, which is not enough for good health. The human body requires between 15 - 60% of calories from fat for good health, which is why Udo recommends 1 Tbsp of oil per 50 pounds of body weight per day. You can still take your fish oil, but you should include Udo's Oil to make sure you are meeting your daily requirement for healthy fats. For best results substitute other sources of dietary fat with Udo's Oil.

## Who is Udo Erasmus?

Udo Erasmus is an international authority on fats, oils, cholesterol, human health, and the author of the best selling book "Fats that Heal, Fats that Kill".

Udo's Oil Blends are available in fine natural food stores around the world.

» **oilthemachine.com**



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For more information please visit our websites:

[www.oilthemachine.com](http://www.oilthemachine.com) / [www.florahealth.com](http://www.florahealth.com) or call 1-800-446-2110

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# oil the machine

STRENGTH  
STAMINA  
RECOVERY



**UDO'S OIL™ 3-6-9 BLEND**

FORMULATED BY UDO ERASMUS

AUTHOR OF FATS THAT HEAL FATS THAT KILL

ORGANIC | SUSTAINABLE | FISH-FREE



# UDO'S OIL™ oil the machine

STRENGTH » STAMINA » RECOVERY

After 20 years of research and 2 studies measuring the effect of Udo's Oil on athletic performance, we know the human body, like most machines, needs oil to run its best. Athletes around the world are experiencing greater strength, improved stamina, and faster recovery using Udo's Oil.

## Udo's Oil™ 3-6-9 Blend

Udo's Oil is a certified organic, sustainable, and fish-free blend of plant-sourced oils designed to supply the ideal 2:1 ratio of Omega-3 & -6 fatty acids. It contains all the good fats you need, without any of the bad fats you should avoid.

## Why you need a 2:1 ratio

The key to health from fats lies in taking the essential ones in the proper ratio. This isn't usually achieved because the average western diet is too high in omega-6 and dangerously low in Omega-3. Udo's research indicates the best results come consistently from plant oils blended to be richer in omega -3 than omega -6, and in a **2:1 ratio**. Udo's Oil Blends contain the proper 2:1 ratio; fish and flax oils do not.

## Omega Fatty Acids and Athletic Performance

Every cell, tissue, gland and organ is dependent upon the presence of EFAs (essential fatty acids). They are the main structural component of every cell membrane, are necessary for cell growth and division, and regulate vital cell activity.

### The Science Behind the Oil Blend

INGREDIENTS	FUNCTION
Flax Oil*	Energy + Performance + Anti-inflammatory + Recovery
Sunflower oil*	Cell Structure + Energy + Circulation
Sesame oil*	Cell Structure + Phytosterols + Energy + Circulation
Coconut oil*	Energy (From MCTs) + Antioxidants
Rice Germ oil	Strength + Energy (Gamma Oryzanol) + Antioxidants
Evening Primrose oil*	GLA + Polyphenols + Anti-inflammatory + Recovery
Soy Lecithin*	Muscle Response + Cell Membrane Structure + Digestion
Oat Germ oil*	Antioxidants + Phytosterols + Energy + Oxygen
Tocopherols	Antioxidant + Protection

\*Organic

## RESEARCH

### Robert Universe Elite Strength Athlete Case Study

A 36-week elite strength athlete case study that measured the effects of Udo's Oil™ 3-6-9 Blend on athletic performance, health and well-being.<sup>1</sup>

#### Procedure

- » 36 weeks / 49 participants
- » **1 Tbsp Udo's Oil per 50 lbs of bodyweight per day**
- » This study measured the effect of Udo's Oil on strength, endurance, body composition and 13 markers of athletic performance, health and well-being.

#### Reported Benefits

- » Increased muscular endurance during strength training, ability to push through lactate thresholds and handle workload without tiring
- » Increased cardiovascular endurance, run farther, faster and longer
- » Consistent strength gains in weightlifting including personal bests, increased explosive power, speed and intensity
- » Faster and more complete recovery between weightlifting sets and post workout
- » Improved short-term memory - better recollection of numbers, facts and formulas
- » Improved joint function/joint mobility, less joint pain and tenderness
- » Improvements in initiation, maintenance and quality of sleep
- » Reduced inflammation/accelerated healing of injuries
- » Improved flexibility, more complete range of motion
- » Enhanced moods/increased sense of well-being
- » Increased lean body mass and thermogenesis
- » Better focus and concentration
- » Improved energy intensity/sustainability

### Danish Athlete Study

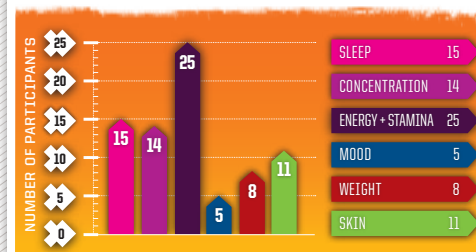
The Effects of Essential Fatty Acids on the Cardiovascular System, Energy, General Health and Well Being<sup>2</sup>

#### Procedure

- » 8 weeks per participant / 41 participants
- » **1 Tbsp Udo's Oil per 50 lbs of bodyweight per day**
- » This study measured the effect of Udo's Oil on body composition, skin condition, energy, stamina, sleep, concentration, general health and well being

#### Reported Benefits

##### SUPPLEMENTATION WITH UDO'S OIL 3-6-9 BLEND IMPROVES GENERAL HEALTH AND WELL-BEING



**%** of participants experiencing the following results:

- » **20%** Decreased body fat
- » **23%** Improved skin condition
- » **53%** More energy and stamina
- » **32%** Improved sleep
- » **30%** Improved concentration
- » **66%** Improvements in general health and well-being



<sup>1</sup> Submitted for Publication. Quantitative Data Forthcoming.

<sup>2</sup> Cadogan, DU. The Effects of Essential Fatty Acids On Athletic Performance/General Well Being and Risk Factors For Cardiovascular Disease. 2000. Personal Communication