

Athletes fueled by Udo's Oil.



Recipe Booklet

oil the machine

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.

STRENGTH » STAMINA » RECOVERY



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



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.



Adam Campbell

www.cdamecampbell.blogspot.com



Fruity Spinach Smoothie:

Serves 2

- 6-8 frozen strawberries
- few chunks of frozen mango
- 4 pitted fresh dates
- 1 cup kefir or yogurt
- 2 cups unsweetened almond milk
- small handful of almonds
- fresh spinach (as much as you can fit in the blender!)
- 1-2 tbsp. Udo's Oil or Flora DHA Flax Oil

Blend all ingredients except oil, until smooth, adding more almond milk if too thick. Turn the blender down to a very low speed and drizzle in the oil.

“

Since I started using Udo's Oil, my body and joints feel more "lubricated", which has allowed me to feel comfortable increasing my mileage significantly. Even with an increase in my overall training load, I have also noticed a significant decrease in my sugar cravings. ”

Adam Campbell

Adam's accomplishments:

- 1st 2012 Chuckanut 50K
- 3-time Canadian Mountain Running Team Qualifier
- 1st 2012 Arc'teryx Squamish 50 - 21K

Fruity Spinach Smoothie:

Amy Purdy

www.amypurdy.com

www.adacs.org



Green Drink:

Serves 2

- 16 oz Coconut Water (more or less depending on desired consistency)
- 2 leaves of romaine lettuce
- 3 leaves of dark green kale
- 1 stalk of celery
- 5-8 baby carrots
- 1 thick pineapple spear
- 1 handful of grapes
- 1 big handful of spinach
- 1 big chunk of ginger
- 1 spoonful of coconut oil
- 2 big tablespoons of Udo's Oil
- 2 tablespoons of Flora Udo's Green Blend
- 1 handful of ice

Blend.

“*After taking the oil for a few weeks I started noticing a difference in my energy and endurance levels. Last week I was riding at 10,000 ft and my body felt stronger than ever. At the end of the day I grabbed some extra pow and still...no burn and endless energy. Udo's oil is amazing.*”

Amy Purdy

Amy's accomplishments:

2012 ParaSnowboard World Championship Silver Medalist

2011 French ParaSnowboard World Cup Gold Medalist

2011 New Zealand ParaSnowboard World Cup Gold Medalist

Christine Fletcher

www.christine-fletcher.com



Quinoa Salad:

- 1 ½ cups water
- 1 cup Quinoa
- ½ cup raisins (in ½ cup boiling water for about 15 minutes to soften...then drain)
- 1 can 19 oz. chick-peas, rinsed and drained
- 3-4 green onions, chopped
- 1 sweet red pepper, diced
- 1 zucchini, diced
- ¼ cup chopped fresh parsley
- ⅓ cup diced, dried papaya or apricots

Dressing:

- 3 tbsp. fresh lemon juice
- 1 clove garlic, minced
- salt and pepper to taste
- ½ - 1 tsp. ground cumin
- ¼ - ½ tsp. turmeric
- dash hot pepper sauce
- 3 tbsp. Udo's Oil

Cook Quinoa according to package directions. Combine all other salad ingredients and toss gently. Whisk together dressing ingredients and pour over salad. Toss. Chill to let flavors blend. Can be made a day in advance.

“

Udo's Oil maximizes the stamina needed for every workout and race and improves recovery exponentially. Flora Herbal Extracts and Salus Tonics clean my machine and ensure my body functions efficiently... without question, my Flora nutritional regime makes my body vital and energetic. ”

Christine Fletcher

Christine's accomplishments:

Nineteen-time Ironman Athlete
Six-time World Championship Hawaii Ironman
Subaru Victoria & Vancouver Triathlon 2012

Dean Potter

www.deanpotter.com



D.P. Smoothie:

- ½ capful Floradix Epresat liquid vitamins
- ½ capful Floradix Calmag liquid minerals
- ½ cup orange juice
- ½ cup apple juice
- ½ orange
- ½ apple
- 1 organic banana
- 1 teaspoon bee pollen
- 1 heaping tablespoon Udo's Green Blend
- 1 large scoop whey protein powder (21 grams protein) aided by protease and colostrum (whey combines with Udo's and enhances recovery like nothing else!!!)
- 4 tablespoons of Udo's DHA Oil

Add liquids together first! Then when blender is on low, slowly add in fruit, powders, and oil.

Blend - Vitamix away!! Add a little fresh water to get perfect consistency. Drink half before a slow morning run or walk and the other half upon returning. Drink plenty of fresh water all day.

“*Udo's Oil and Flora have changed my reality. Images existing only in my mind are now becoming possible. Physical limitations are dissolving away through enhanced recovery, heightened awareness and an inner sense of well-being.*”
Dean Potter

Dean's accomplishments:

Wingsuit World Record (Eiger 2 min. 50 sec.)

Highline Free Solo World Record (Lost Arrow 111 ft.)

Devon Crosby-Helms

www.devoncrosbyhelms.com



Signs of Fall Salad:

1 cup roasted butternut squash (I roasted an entire butternut squash after peeling & chopping it, tossed with peanut oil & salt at 400 degrees for 35 minutes)

1 cup kale chips (torn into large pieces then tossed on top of the butternut squash in the last 5 minutes of roasting)

few cups of mixed greens

sauerkraut

goat cheese

sprouted beans

Udo's Oil

In a giant bowl, put your massive amount of greens on the bottom, toss with Udo's Oil and a little salt. Top greens with sauerkraut, sprouted beans and goat cheese. Top that with butternut squash and kale chips. Toss all together and enjoy!

“

In running, the details count; having the right supplements makes all the difference. Udo's products are by far superior! I am currently running faster, better and healthier than ever! Thanks Udos!

Devon Crosby-Helms

”

Devon's accomplishments:

2012 Napa Valley & San Francisco Marathon Winner

2010 USATF 50 mile road National Champion

3 time member of the USATF 100k National Team including 2009 Gold Medal winning team in Belgium



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Ellie Greenwood

www.elliengreenwood.blogspot.com

Mock Caesar Dressing:

- 2 tsp. Dijon Mustard
- 3 tsp. The Wizards Organic wheat free vegetarian Worcestershire sauce
- 3 tsp. Apple Cider vinegar
- 4 tsp. lemon juice
- 2 cloves crushed garlic
- 1 tbsp. Lecithin or parmesan cheese
- Dash sea salt
- Dash black pepper
- 3-4 tbsp. Flora Olive Oil
- 3 tbsp. Udo's Oil

“
On starting to take Udo's Oil regularly I almost immediately began to feel I was recovering faster from hard workouts and races. Udo's Oil is now part of my daily routine to keep me pushing hard through peak racing season.

Ellie Greenwood”

Ellie's accomplishments:

- 2012 Western States 1st Female & Course Record
- 2012- 2nd place Comrades 89 km - South America
- 2010 IAU World 100 km Champion (Gibraltar, 7:29:05)

Mock Caesar Dressing:

Evan Strong

evanstrong.blogspot.com



Blueberry Goji Blast:

1 cup frozen blueberries
1 cup coconut milk
2 tbsp. BIJA Goji Berries
1 tbsp. Udo's Oil DHA
1 tbsp. BIJA Pumpkin Seed Oil
2 tbsp. maca root powder
3 Udo's Choice Super 8 Hi-Potency Probiotic (opened)
2 Flora Vegetal Silica caps (opened)
2 tbsp. Flora Pure Hawaiian Noni Juice
1 tbsp. local bee pollen
1 tbsp. milk thistle powder
1 heaping tbsp. hemp seeds
sweetener of choice (I like local raw honey)
pinch salt

“

I have learned, from racing Boarder Cross, the importance of keeping your body in the best physical shape possible. For me to compete at the highest level it requires more than just physical talent. It is the ability to keep pushing the envelope, while not breaking down. My health is the line that separates me from the rest. It gets me the Gold. Udo's Oil keeps me strong and healthy through the Boarder Cross world cup and training season. It gives me the edge I need to stay on top. Udo's is my secret weapon.

”

Evan Strong

Evan's accomplishments:

2012 World Champion Snowboard X

WSF World Cup overall champion

Winter X Games 15 - Snowboard X gold medal

Blueberry Goji Blast:

Geoff Roes

www.akrunning.blogspot.com



Smoothie:

- 3/4 cup frozen berries
- 1.5 cups milk or favorite milk replacement (coconut, soy, rice, almond, hemp, etc)
- 1/4 cup favorite recovery powder (I've been mostly using Ultragen lately)
- 3 tablespoons Udo's Oil
- 1 tablespoon of maple syrup if you have a sweet tooth

Salad dressing:

- 1 tablespoon red wine vinegar
- 1 tablespoon Udo's Oil
- 2 tablespoons Flora Olive Oil
- 1 clove garlic crushed
- Pinch of dried thyme
- Salt and pepper to taste

“

My body has felt consistently stronger in between runs since using Udo's regularly. As an added bonus I love the flavor it adds to the foods I use it with.

Geoff Roes

”

Geoff's accomplishments:

Iditarod 2012 - 1st place

Set a course record at the 2010 Western States 100

Voted "Ultra Runner of the Year" 2009 & 2010 by Ultra Running Magazine

Smoothie/Salad Dressing:

Jen Segger

www.jensegger.com



Super Smoothie:

1 cup blueberries
1 tbsp. peanut butter
1 cup hemp milk
2 tbsp. Udo's Oil
3 handfuls spinach
1 cup water
dash of cinnamon

Morning Cleanse - Upon waking up...

1 tbsp. Udo's Oil
2 cups water
½ squeezed lemon

Take Udo's Oil by the spoon and then drink down lemon water.

“

Udo's continues to be daily "go to oil" for energy, endurance and overall health. It has enabled my body to handle a large training volume with quality workouts on a daily basis. Without a doubt, I recover from workouts faster, my muscles repair quicker and my endurance levels have increased drastically.

Jen Segger

”

Jen's accomplishments:

9th overall at Badwater 135 (youngest female ever)

3x winner of the 350 km Baja Travesia AR

1st Ultraman Canada (10km swim, 275km bike, 84km run)

Super Smoothie:

Joe Grant

www.alpine-works.com



Joe's Oatmeal:

2 cups of raw rolled oats

Water (or rice/almond milk) enough to completely cover oats in bottom of the pan

A handful of raw mixed nuts

3 tablespoons of Goji berries

2-3 tablespoons of molasses (sweeten to taste)

3 tablespoons of Udo's Oil (or enough to meet daily requirements)

“

Since I've started using Udo's Oil, one of the most notable improvements I've felt is in my mood. I am more upbeat and alert even during heavy training periods. It has also contributed to better recovery and reduced inflammation in my body.

Joe Grant

”

Joe's accomplishments:

2012 Hardrock 100, 2nd place, 25:06

2012 Sustina 100, 2nd place, 26:14

2011 San Juan Solstice, 1st place, 9:13

Joe's Oatmeal:

Krissy Moehl

www.krissymoehl.com



Krissy's Concoction:

½ cup Greek yogurt (plain)
3-4 tbsp. Udo's Oil
½ tbsp. Maca powder
1-2 tbsp. Wholesome Fast Food
honey or other sweetener to taste
(fresh preserves are good)

Once mixed add the following till you reach desired quantity & consistency.

About ¼ - ½ cup dried fruit (I like raisins & cranberries)
and/or cut up fresh fruit (bananas, blueberries, etc.)
About ½- 1 cup granola

“

In one year Udo's Oil has proven its importance to my endurance many times over. The biggest change is my capacity for more volume. This year I have healthfully run more consistent high mileage weeks.

”

Krissy Moehl

Krissy's accomplishments:

2011 San Diego 100 champion and course record
2009 Ultra Trail du Mont Blanc Winner & Female Course Record Holder (11th out of ~1200 Finishers)
2012 210 km Traverse (Fastest Known Time for Women 9:09)

Krissy's Concoction:



Lauren Campbell

www.laurengroves.blogspot.com

Roasted Butternut Squash with Feta and Pumpkin Seed Oil:

1 medium-large butternut squash
feta cheese
Flora Extra Virgin Olive Oil
Flora Pumpkin Seed Oil
sea salt & pepper

Preheat oven to 400 degrees F. Peel and cube or slice the squash, toss with olive oil until lightly coated, and sprinkle with salt and pepper. Roast on a baking sheet for approximately 30 minutes, tossing once or twice until tender with slightly crispy edges. Crumble feta cheese over top and drizzle with pumpkin seed oil, as much as desired.

“
Since taking Udo's Oil, my recovery has improved significantly, my sugar cravings have diminished, I'm sleeping better than I have in years. Thank you, Dr. Udo!
”

Lauren Campbell

Lauren's accomplishments:

2012 Barbados ITU, 1st place
2012 Vancouver Triathlon ITU, 1st place
Career High World Cup Ranking 3rd

Roasted Butternut Squash:

Max King

www.runnerspace.com/profile.php?member_id=133



Max's Power Breakfast:

½ cup of oatmeal
small handful of 60% cocoa chips
1 tbsp. of brown sugar
1 tbsp. of chia seeds
handful of coconut flakes (unsweetened)
½ cup of blueberries
3 tbsp. of Udo's Oil
Add whole milk to desired consistency

Add everything except Udo's Oil and milk. Add enough water to cover oatmeal. Microwave for 2 minutes. Add Udo's Oil and milk, mix, and enjoy a breakfast that will last you for hours.

“

One of my issues in converting over to longer ultra distance races has been fat metabolism. I've noticed a significant change in how my body can convert fat to energy since using Udo's Oil and I can run longer and stronger than ever before.

”

Max King

Max's accomplishments:

September, IAAF World Mtn Running Championships – 1st
4 time Xterra Trail Run World Champion
3 time Olympic Trials Qualifier

Max's Power Breakfast:

Scott Jurek

www.scottjurek.com



Blueberry Ultra Power Smoothie:

Makes 3-4 servings

- 1 banana, fresh or frozen (peel, break off into 2" pieces, and freeze overnight)
- ½ cup pre-soaked almonds (soak ¼ cup almonds in water for 3-4 hours or overnight)
- 1 cup frozen or fresh blueberries
- 2½ - 3 cups of water
- 3 tbsp. vegan protein powder
- 6 dates or 2 - 3 tbsp. natural sweetener
- 3 tbsp. Udo's Oil 3•6•9 Blend
- 2 tbsp. raw maca powder
- ½ tsp. sea salt
- ½ tsp. vanilla extract or raw vanilla powder

Blend all ingredients in a blender until smooth. Add water if a more liquid consistency is desired.

“

I thought I had my nutrition dialed, but Udo's Oil took it to another level. My recovery time has been reduced by a third - I'm feeling stronger and running longer.

”

Scott Jurek

Scott's accomplishments:

American Record holder 24 Hours Road, 165.7 miles (also all-surface record)

7-time winner of Western States 100 Mile Endurance Run

2-time winner of Badwater 135 Mile Ultramarathon

Blueberry Ultra Smoothie:

UDO'S OIL™

oil the machine

STRENGTH » STAMINA » RECOVERY

Who is Udo Erasmus?

Udo Erasmus is an international authority on fats, oils, cholesterol and human health. Udo received his B.Sc. in Honors Zoology from the University of British Columbia and followed this with graduate studies in Biochemistry and Genetics. In 1980, his life took a significant turn when he was poisoned by pesticides. When conventional medicine was unable to provide help, he concluded that his health was his own responsibility and turned his attention to nutrition. Several years of research culminated in his bestselling book, *Fats that Heal Fats that Kill*, which earned him a PhD. in nutrition. In 1983, he began to pioneer technology for pressing and packaging edible, fresh oils made with health in mind.



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