



Mylnefield Research Services Ltd.

The Lipid Analysis Unit, The Scottish Crop Research Institute,
Mylnefield, Invergowrie, Dundee DD2 5DA, Scotland



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To whom it may concern

Omega-3 Nutridan Oil

This is a blend of natural vegetable oils designed to have superior health status. All natural antioxidants are retained through a specially designed production process developed by International Food Science Centre to protect it from oxidative deterioration throughout its shelf life.

Omega-3 Nutridan Oil is characterised by its low level of saturated acids and high level of monounsaturated acids but the main basis of its healthy nature lies in the ratio of omega-6 to omega-3 acids. The oil contains 28-29% of α -linolenic acid and only 18% of linoleic acid (polyunsaturated fatty acids).

It is now accepted that most modern diets contain too much linoleic acid and too little α -linolenic acid and that this has undesirable consequences for human health. The ratio of these two acids can be up to 25:1 when the desirable ratio is 5:1 or less. In Omega-3 Nutridan Oil the ratio is less than 1:1 because the blend is so rich in α -linolenic acid.

The oil has an extremely low content of cholesterol (28 ppm) in line with the low levels generally observed with vegetable oils.

Frank Gunstone
Honorary Fellow, Scottish Crop Research Institute, Dundee, Scotland
Professor emeritus of The University of St Andrews, Scotland
Fellow of The American Oil Chemists' Society

