What is Essential Blend™ cooking oil?

Essential Blend™ cooking oil is a blend of macadamia nut oil and perilla seed oil for use in all types of cooking and baking. The benefits of these oils are incredible! Blended together, they provide a perfect balance of omega-3s to omega-6s—a 1:1 ratio! No other single oil comes as close to this balance as Dr. Chen’s special blend of omega-3 rich oils. In addition to a 1:1 Essential Blend ratio, this oil also has these benefits:

- predominantly monounsaturated fats
- no trans fats
- no preservatives
- high smoke point
- no carbohydrates
- 18-month shelf life (unopened)

What is macadamia nut oil?

Our macadamia nut oil comes from expeller-pressed macadamia nuts. No chemical or heat extraction process is used as they can affect the flavor and nutritional value of the oil. With a buttery slightly nutty flavor, macadamia nut oil also blends well with other foods in cooking. Macadamia nut oil is more than 80% monounsaturated fats and is high in alpha-linolenic acid (ALA), which is one of three essential omega-3 fatty acids your body needs to function correctly. You may find others who say that the omega balance for pure macadamia nut oil is 1 to 1. However, the omega balance for macadamia nut oil, as tested by an independent laboratory, is actually 0.16 to 2.03.

What is perilla seed oil?

Perilla seed oil comes from the seeds of Perilla frutescens, a member of the mint family. This oil is known for its very high levels of ALA, an essential omega-3 fatty acid. With this fatty acid, your body is capable of synthesizing the other two essential omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

By blending perilla seed oil with macadamia nut oil, E. EXCEL Essential Blend creates the ideal 1 to 1 ratio of omega-3s to omega-6s.

How do I use Essential Blend™?

Use Essential Blend just as you would any other cooking oil. It lends itself well to everything from gentle sautéing to high heat stir-frying. In addition, the excellent flavor of the oil makes it great as a base for salad dressings and vinaigrettes. You’ll also love the bit of buttery flavor it adds to your baked goods that call for oil!

Will Essential Blend™ solidify when refrigerated.

No, it will not. It might get slightly thicker when refrigerated, but it will not solidify and is still pourable.

Why should I change my cooking oil to Essential Blend™?

Essential Blend provide you with an excellent source of the omega-3 fatty acid alpha-linolenic acid (ALA), which is essential for your body to function as it should. It provides the perfect 1:1 ratio of omega-3 fatty acids to omega-6 fatty acids. Omega-6 fatty acids, while equally necessary, are so prevalent in most oils and most diets that they overwhelm omega-3 fatty acids and cause more harm than good.

With the perfect balance of omega-3 to omega-6 fatty acids in Essential Blend, you know you are giving your family the right amount of each of these types of fatty acids. In addition, approximately 80% of Essential Blend is monounsaturated fats, healthy fats for your family.
Don’t oils normally require preservatives? Why are there no preservatives in Essential Blend™?

Because oils readily oxidize in the presence of air, heat, and light, many oils do use preservatives to stop the oxidation process for breaking down the oils and causing rancidity. Essential Blend is bottled using nitrogen packing, which leaves no oxygen in the bottle. As long as the bottles are unopened and left inside the box, which blocks light from reaching the oils, Essential Blend has a shelf life of 18 months. Once opened, we suggest storing the unused portion in your refrigerator where it will stay cool and out of the light.

This is also why it is packaged in two smaller bottles rather than one large bottle. You can leave one bottle unopened in the box while using the other bottle for your cooking needs.

What are the omega-3 to omega-6 ratios of some other oils?

Many cooking oils these days have very high levels of omega-6s when compared to omega-3s. Some do not even contain any omega-3 fatty acids. When you know that the omega-3s affect the brain, especially the developing brains of young children, you want to make sure you are getting the best sources for these essential nutrients. While fish, particularly ocean fish, are touted as great sources for omega-3 fatty acids, unfortunately they are also sources of heavy metals, such as mercury, from ocean contamination.

The alternative is to use good quality cooking oil that has the perfect omega-3 to omega-6 fatty acid ratio, which you will only get from Essential Blend!

<table>
<thead>
<tr>
<th>Source</th>
<th>Omega-3</th>
<th>Omega-6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola oil</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Walnut oil</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Soybean oil</td>
<td>1</td>
<td>7.4</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1</td>
<td>12.8</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>0</td>
<td>33</td>
</tr>
<tr>
<td>Corn oil</td>
<td>1</td>
<td>58</td>
</tr>
<tr>
<td>Safflower oil</td>
<td>0</td>
<td>365</td>
</tr>
</tbody>
</table>

Why has E. EXCEL decided to create a cooking oil?

The extensive use of oils in everyday cooking is undeniable. Dr. Chen has been concerned about the amount of omega-6 fatty acids received through these oils that are so prevalent in today’s cuisines. They are high in omega-6 fatty acids—often extremely high—and contain little to no omega-3 fatty acids. Some, such as Canola oil, made from rapeseed, are extensively processed with heat and chemicals before it is considered edible. E. EXCEL created Essential Blend™ to provide a cooking oil that provides the healthy omega fatty acid balance needed while still preserving great flavor that can be used every day for everything from salad to stir-fry!

Why are there tiny specks in this oil?

E. EXCEL Essential Blend™ is a natural product. The only ingredients are macadamia nut oil and perilla seed oil. However, since it is 100% natural you can expect to see occasional tiny specks in the oil that are minute pieces of macadamia nut or fragments of perilla seed. They will not hinder the taste or use of E. EXCEL Essential Blend.