

Only non-fried pure perilla oil gives its characteristic gold color.

Dubio pure perilla oil has beautiful gold color. It is an undiluted solution of pure perilla oil from pressed 100% domestic green perilla seeds.



Fried perilla oil gives brown color, and harmful substance may enter the solution when frying.

Un-fried perilla oil gives color that is close to gold.



### Physiological effects of omega-3 fatty acid

Function	Effect	
Prevention of Cardiovascular system disease	Decrease cholesterol	Decrease TG and VLDL synthesis
	Change functions of platelet	Decrease cholesterol, LDL, and increase HDL
	Expand blood vessels and strengthen blood pressure	Decrease platelet aggregation, blood coagulation time, and blood viscosity
Prevent inflammation and improve immunity		
Improve brain growth and visual functions	Relieve arthritis and asthma	
Suppress cancer	Especially DHA participates in this process	

# 2:1

Ratio is more important than amount

Professionals recommend the ratio of omega-6 and omega-3 consumption of 2:1.

Current Korean dietary habits show that shortage in omega-3 consumption compared to the omega-6 consumption. Hunter-gatherer society in ancient times had the ratio of 1:1, which is seen as the most ideal ratio by professional. However, modern people's dietary habit shows the ratio of omega-6 and omega-3 consumption of 10:1. Many professionals recommend decreasing the ratio to at 3:1, and even more down to 2:1. Also, pregnant women's ratio is 13:15:1, showing highly unbalanced omega-3 consumption.

**Komega-3**



omega-3  
60%

### Un-fried Perilla oil

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"Un-fried and freshly pressed pure perilla oil is most effective."

Perilla oil has the highest composition of omega-3 fatty acid with 60%. The oil has effect of decreasing incident rate of cancer and value of cholesterol rate. Rosemann acid included in perilla seed works as anti-oxidant, anti-inflammation, and anti-cancer substance. Alpha-linolenic acid synthesizes EPA and DHA, essential for brain activities. Of all, un-fried and freshly pressed pure perilla oil is most effective.

High-temperature extraction method can result deterioration of oil from light, heat, and metal ion materials, and can also result harmful substance such as benzopyrene.

Dubio:

2d 1000 Wp

**Komega-3**



omega-3  
60%

# 생

Un-fried and pressed 100% domestic pure perilla oil

## Perilla oil

100% pure perilla oil without additives and anti-oxidants.

- The only patented pure oil manufacturing process in Korea
- Contain 60% of Omega-3
- Japan DHC exporting product
- Appeared in KBS Mystery of Human Body (TV program)
- Obtained G mark certification from Gyeonggi-Do Governor

**Dubio Co.,Ltd** www.dubio.co.kr

# Taste of Nature!

## Wonderful features of vegetable oil.

Vegetable oil exists in fatty acids in our body. Fatty acids are divided into unsaturated and saturated fatty acids, and unsaturated fatty acids, which are good for our body, are not generated by our body, thus must be consumed through foods.

Beneficial unsaturated fatty acids exist as omega-3, omega-6, and omega-9 in our body, and vegetable oils are omega-3 rich, which fishes and seals are known to have. Perilla oil is especially well known to contain omega-3 more than any other vegetable oils.



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Pure oil manufacturing process patent No. 10-0830349  
G mark from Gyeonggi-Do Governor certified



"100% pure domestic perilla oil from pressure, not fried."

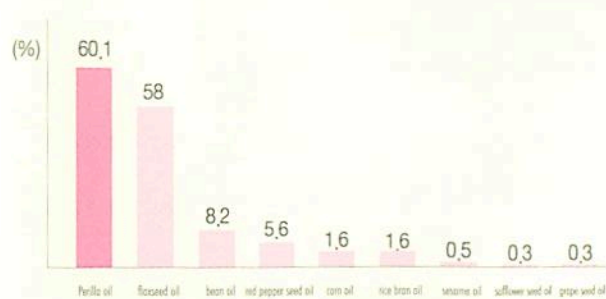
Vegetable oil!  
Our body demands different oil.

<h1>3</h1> <p><b>omega-3</b> Alpha-linolenic Acid(DHA, EPA) Perilla oil, flaxseed oil</p> <p>Suppress allergy, inflammation, blood clots, expand blood vessel</p>	<h1>6</h1> <p><b>omega-6</b> Linolenic Acid Safflower seed oil, corn oil, sesame oil, grape seed oil</p> <p>Suppress allergy, inflammation, promote blood clots, coagulate blood</p>
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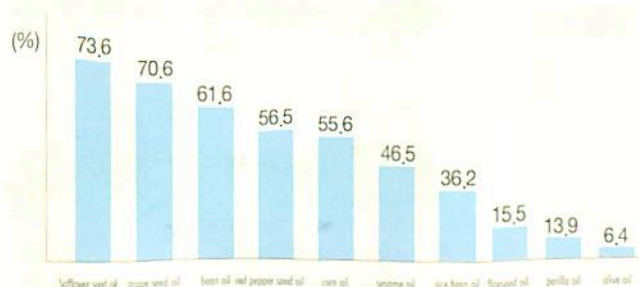
<h1>9</h1> <p><b>omega-9</b> Olein Acid Olive oil, canola oil, sunflower seed oil</p> <p>Decrease cholesterol, antacid, effective for constipation</p>
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Vegetable oil  
What you need to know

Omega-3 fatty acid composition of vegetable oils(%)



Omega-6 fatty acid composition of vegetable oils(%)



Vegetable oil,  
Different oils for different purposes

**Griddle**  
Grape seed oil and rice bran oil are good for griddling. High smoking points of these oils mean fewer burns, and give pleasant and clean taste.

**Frying**  
Canola oil is the best choice, but corn oil and grape seed oil are good choices as well. These oils contain vitamin-E, a natural anti-oxidant, making them easy to store.

**Sauces for meat**  
Sesame oil is good for meat sauces, but be aware of carcinogenic substances that could form in high temperature.

**Herbs and salad**  
Sesame oil, perilla oil, and olive oil are good for salads. Perilla oil especially helps absorption of beta-carotene(strong anti-oxidant, anti-cancer substance).

**Roast**  
Soybean oil, grape seed oil, and canola oil are good for roasting as they preserve the incense of cooking ingredients.

