



Professor Dr Suhaila Mohamed (right) watching as Universiti Putra Malaysia's research assistants demonstrate the use of Afdhal Oil in **Serdang** yesterday. Pic by Saifullizan Tamadi

Healthy cooking with additive

AFDHAL OIL: UPM looking to launch herbal product internationally

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AFDHAL Oil, a herbal additive to cooking oil discovered by Universiti Putra Malaysia (UPM), is poised to make an entry into kitchens worldwide as the university eyes the overseas health food market.

Professor Dr Suhaila Mohamed, who developed the palm oil-based additive with a team of researchers, said their product could compete with extra virgin olive oil as it was not only healthy, but could also be used for frying, unlike olive oil.

She said a bottle of the oil, which can be bought from UPM at RM29, could also be used up to 80 times or over 40 cooking hours after mixing 1:10 parts of palm oil-based cooking oils.

The biomedical scientist said the additive was economical as it could be used repeatedly.

"It has a tea-like aroma, does not change colour and remains black, retains flavour, crispiness and aroma while reducing oiliness up to 85 per cent.

"The product uses the *Rutaceae* plant extract and has DHA (docosahexaenoic acid), a naturally-occurring antioxidant."

"Other oils mainly use synthetic antioxidants, which have been seen to cause cardiovascular problems in lab mice," Suhaila said, claiming that the oil, which is free of trans fats, synthetic compounds and cholesterol, reduces the possibility of heart disease, cancer and hypertension.

The product has a number of awards besides acquiring patents from the United States, Europe, Australia, Singapore, Malaysia, Vietnam, India and Indonesia.

She said UPM was looking to launch the 100 per cent Malaysian-made herbal product in the international market, hoping to break into China first with the help of its subsidiaries.

The product reach is limited and is available only outside UPM through Lazada at RM39. Buyers have to fork out RM15 for the shipping fee.

UPM is looking to work with cooking oil companies to develop and market a palm oil cooking oil brand where the additive is premixed.