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Udo's Oil™ DHA 3•6•9 Blend

- Plant source DHA + GLA/ Fish-free
- Supports Cognitive Function*
- Supports Eye Health*
- Contains Omega -3, -6, and -9 Fatty Acids
- Unrefined DHA Oil / Hexane-free
- Can be added unheated to foods such as cereal, salad, pasta or poured over dessert.

Udo's Oil DHA Blend is a plant source of DHA (Docosahexaenoic Acid) (algae-derived). DHA is an omega-3 fatty acid that is essential for the proper functioning of our brain as adults, and for the development of our nervous system and visual abilities during the first six months of life.*

Try the other Udo's Choice® products to enhance your health and well-being:

Age & Condition-Specific Probiotics
Fiber-Rich Wholesome Fast Food
Age & Condition-Specific Enzymes
Nutrient-Rich Green Blend

Formulated by: Udo Erasmus, PhD.

Udo Erasmus

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



PRESS DATE:
BEST BEFORE:



UDO'S CHOICE®

Udo Erasmus

Udo's Oil™
DHA

3•6•9 Blend
DIETARY SUPPLEMENT

BASED ON THE IDEAL 2:1:1 RATIO OF
OMEGA FATTY ACIDS

Supports cognitive function and eye health*



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8.5 fl oz (250 mL)

Supplement Facts

Serving Size 1 Tbsp. (15 mL)

Servings Per Container about 16

Amount Per Serving	% Daily Value
Calories 120	Calories from Fat 120
Total Fat 13g	20%*
Saturated Fat 2.5g	13%*
Polyunsaturated Fat 8g	†
Monounsaturated Fat 3g	†
Omega-3 fatty acids 5g	†
ALA (alpha-linolenic acid) 5g	
DHA (docosahexaenoic acid) 100mg	
EPA (eicosapentaenoic acid) 3mg	
Omega-6 fatty acids (linoleic acid) 3g	†
GLA (gamma-linolenic acid) 40mg	
Omega-9 fatty acids (oleic acid) 3g	†

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Ingredients: Organic flax seed oil, organic sunflower seed oil, organic sesame seed oil, organic evening primrose seed oil, algal oil (*Schizochytrium sp.*), organic coconut oil, organic rice bran oil, organic soy lecithin, rosemary leaf extract**, high oleic sunflower oil, tocopherols**, ascorbyl palmitate**, organic oat bran oil.

** as an antioxidant

MANUFACTURED BY:
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Suggested use: The cloudy layer in the oil is unique to this blend. To obtain its benefits, shake bottle gently before each use. Take 1 Tbsp or more a day with meals (up to 1 Tbsp per 50 lbs of body weight per day). For best results, substitute other sources of dietary fat with Udo's Oil. **FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED.** Do not heat or use for frying. Once opened, use within 2 months. Udo's Oil can be frozen to maintain freshness for longer periods.

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