



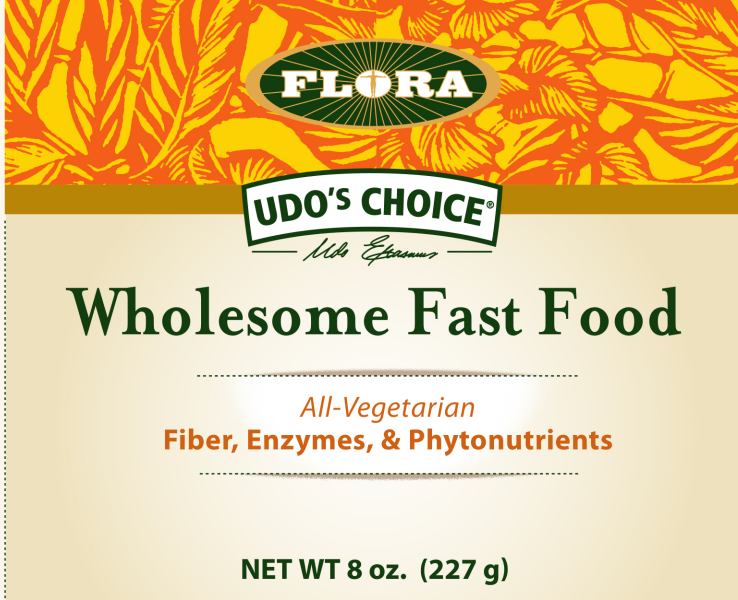
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LOT:
BEST BEFORE:

Udo's Choice® Wholesome Fast Food was created by world-renowned nutrition expert, Udo Erasmus, author of *Fats that Heal Fats that Kill*. It is a synergistic vegetarian blend of 50 ingredients including natural source fibers, added whole food concentrates, lignans, phytonutrients, greens, and digestive enzymes. This powerful combination has been carefully selected to deliver optimum nutrition by providing vitamins, minerals, and both soluble and insoluble fiber.



Nutrition Facts

Serving Size 1 Tbsp. (8 g)
Servings Per Container about 28

Amount Per Serving

Calories 30 Calories from fat 10

% Daily Value*

Total Fat 1 g 2%

Sodium 0 mg 0%

Total Carbohydrate 3 g 1%

Dietary fiber 1 g 4%

Protein 3 g

Not a significant source of vitamin A, vitamin C, calcium, or iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Defatted flax seed, defatted sunflower seed, defatted sesame seed, rice bran, tofu, carrot, stevia leaf, oat bran, tomato, golden flax seed, licorice root, ginger root, sprouted soybean, barley grass, parsley, chrysanthemum flower, red beet root, cinnamon, almond flavor, lemongrass, Enzyme Blend (amylase, protease, glucoamylase, invertase, malt diastase,

lipase, cellulase, lactase, pectinase, bromelain), alfalfa herb, broccoli, kelp, yucca root, hawthorn berry, milk thistle, burdock root, red clover flower, kale, psyllium seed husk, slippery elm bark, artichoke leaf, oat grass, rye grass, dandelion root, dandelion leaf, rosemary leaf, thyme leaf, sage leaf, peppermint leaf, bilberry leaf, spirulina, bee pollen, dulse, chlorella, ginkgo leaf extract, beet root juice powder, American ginseng root, grape seed extract.

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Suggested use: Take 1 tablespoon up to three times daily with plenty of liquid. For optimum results: take 1 tablespoon per 33 lb. of body weight per day with Udo's Choice® Oil Blend. Can be added to juice, protein shakes, applesauce, yogurt, sprinkled on cereals, salads, or other foods. For optimum freshness, **KEEP REFRIGERATED** and use within 90 days of opening.

Security sealed for your protection. Do not use if seal is missing or damaged.