



LOT:
BEST BEFORE:

Udo's Oil® DHA 3-6-9 Blend

- Plant source/fish-free DHA + GLA
- DHA supports cognitive function*
- Contains 5 g omega-3, 3 g omega-6, and 2.5 g omega-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 contains a plant source of DHA (docosahexaenoic acid, algae-derived). DHA is an omega-3 fatty acid that is important for the normal functioning of our brain as adults, and for the development of our nervous system during the first six months of life.*

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.

Gluten Free!

FLORA

UDO'S CHOICE

Udo Erasmus

Udo's Oil®

DHA

3-6-9 Blend

PROVIDES A BALANCED 2:1:1 RATIO OF OMEGA FATTY ACIDS

Supports cognitive function and overall health*

DIETARY SUPPLEMENT

17 FL. OZ. (500 mL)

Supplement Facts

Serving Size 1 Tbsp. (15 mL)
Servings Per Container about 33

Amount Per Serving	% Daily Value
Calories 120	
Total Fat 13 g	17%
Saturated Fat 1.5 g	8%
Polysaturated Fat 8 g	†
Monounsaturated Fat 2.5 g	†
Omega-3 fatty acids 5 g	†
ALA (alpha-linolenic acid) 5 g	
DHA (docosahexaenoic acid) 100 mg	
EPA (eicosapentaenoic acid) 3 mg	
Omega-6 fatty acids (linoleic acid) 3 g	†
GLA (gamma-linolenic acid) 40 mg	
Omega-9 fatty acids (oleic acid) 2.5 g	†

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

INGREDIENTS: *Flax seed oil, *sunflower seed oil, *sesame seed oil, *evening primrose seed oil, algal oil (Schizochytrium sp.), *coconut oil, *rice bran oil, *soy lecithin, *rosemary leaf extract**, high oleic sunflower oil, tocopherols†, ascorbyl palmitate†, **not bran oil.

*organic verified by OAI †† as an antioxidant

CAUTION: Manufactured in a facility that also processes mustard and wheat.

MANUFACTURED BY: FLORA, INC., 805 E. BADGER RD. LYNDEN, WA 98264
1.800.446.2110
WWW.FLORAHEALTH.COM
67998-R16

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



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What is in Udo's Oil?

- **FLAX** (omega-3)
- **SESAME** (omega-6, omega-9)
- **SUNFLOWER** (omega-6)
- **COCONUT** (omega-9 & MCT)

Udo's Oil DHA 3-6-9 Blend

Contains 5 g omega-3, 3 g omega-6, and 2.5 g omega-9 fatty acids

Unrefined DHA Oil/hexane-free

DIETARY SUPPLEMENT 17 FL. OZ.

- Plant source/fish-free DHA + GLA
- Contains 5 g omega-3, 3 g omega-6, and 2.5 g omega-9 fatty acids
- Unrefined DHA Oil/hexane-free

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

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Serving Suggestions: You can easily supply your body with the essential fatty acids it needs by incorporating Udo's Oil into your meals. The pleasant nutty, buttery flavor of this oil is a great addition to all types of recipes. Just remember not to heat the oil. Try some of our favorite serving suggestions below or just be creative!



- Stir it into cottage cheese, applesauce, protein shakes, juices, and homemade soup (after cooking).
- Drizzle it over steamed vegetables, rice, pasta, and baked or mashed potatoes.
- Blend it with extra virgin olive oil in dishes such as hummus and tabouleh, or serve with balsamic vinegar for dipping.

• Combine it with fresh vegetable or fruit juices and the Flora Green Blend, for a nutritious, energy-boosting drink.



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vegan

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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, *organic rosemary leaf extract**, high oleic sunflower oil, tocopherols†, ascorbyl palmitate†, **organic oat bran oil.

* verified by OAI †† as an antioxidant

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