



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!



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
8.5 FL. OZ. (250 mL)

Supplement Facts

Serving Size 1 Tbsp. (15 mL)
Servings Per Container about 16

Amount Per Serving	% Daily Value
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**, †oat bran oil.

*organic verified by QAI **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 67997-R18
WWW.FLORAHEALTH.COM

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.



life'sDHA™ is a trademark of DSM

FLORA

WWW.FLORAHEALTH.COM



What is in Udo's Oil?

FLAX
(omega-3)

SESAME
(omega-6 & omega-9)

SUNFLOWER
(omega-6)

COCONUT
(omega-9 & MCT)

- 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.*

*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.

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.



0 61998 67997 5

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*

vegan
gluten-free



GLASS BOTTLE



DIETARY SUPPLEMENT
8.5 FL. OZ. (250 mL)

Supplement Facts

Serving Size 1 Tbsp. (15 mL)
Servings Per Container about 16

Amount Per Serving	% Daily Value
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: *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**, †oat bran oil.

*verified by QAI **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

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.



life'sDHA™ is a trademark of DSM