

Udo's Oil[®] High Lignan 3-6-9 Blend provides a balanced 2:1 ratio of Omega-3 (6 g) to Omega-6 (3 g) essential fatty acids per serving, for people who want one product that gives them all of the good fats they need, without any of the bad fats they should avoid. Every cell, tissue, gland, and organ is dependent upon the presence of essential fatty acids. They are the main structural component of cell membranes and are important for cell growth and division. Lignans exhibit antioxidant properties and can be used as part of a healthy diet.*

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.

Blue
Free!

FLORA

UDO'S CHOICE
Udo Erasmus

Certified Organic
Udo's Oil[™]
HIGH LIGNAN
3-6-9 Blend

PROVIDES A BALANCED 2:1 RATIO OF
OMEGA FATTY ACIDS

Made with Organic Flax, Sesame,
and Sunflower Seed Oils



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 14 g	18%*
Saturated Fat 1.5 g	8%*
Polysaturated Fat 9 g	1
Monounsaturated Fat 2.5 g	1
Omega-3 ALA (alpha-linolenic acid) 6 g	1
Omega-6 LA (linoleic acid) 3 g	1
Omega-9 OA (oleic acid) 2.5 g	1

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

INGREDIENTS: Organic flax seed oil, organic sunflower seed oil, organic fiber blend (flax, sunflower, sesame), organic sesame seed oil, organic coconut oil, organic evening primrose seed oil, organic rice bran oil, organic soy lecithin, organic oat bran oil, mixed tocopherols (Non-GMO).

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

MANUFACTURED BY: FLORA, INC., 805 S. BADGER RD., LYNDALE, WA 98264
1.800.446.2110
WWW.FLORAHEALTH.COM
CERTIFIED ORGANIC BY QAI 67996-R13



SUGGESTED USE: The cloudy layer in the oil is unique to this blend. To obtain its benefits, shake bottle before each use (lignans may settle and should be stirred often). 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 for 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.**

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)

SERVING SUGGESTIONS: You can easily supply your body with the essential fatty acids it needs by incorporating Udo's Oil[®] High Lignan 3-6-9 Blend 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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Seed Oils

vegan
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