FLORA

www.florahealth.com

0 61998 67980 7

LOT:
BEST BEFORE:

Udo's Oil™ 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.

Udo's Oil is formulated by Udo Erasmus, PhD, an internationally acclaimed authority on the subject of essential fatty acids and author of the groundbreaking book *Fats That Heal Fats That Kill*. Udo's Oil blend is fresh-pressed in a state-of-the-art, low heat, light- and oxygen-free environment and packaged in an environmentally friendly glass bottle. Udo's Oil has a pleasant, nutty, buttery taste and can be added unheated to foods such as cereal, salad, pasta, or stir-fried vegetables, and even poured over dessert.

Formulated by: Udo Erasmus, PhD.

Udo Erasmus

Gluten Free!

FLORA

UDO'S CHOICE

Udo Erasmus

Certified Organic

Udo's Oil™ 3•6•9 Blend

PROVIDES A BALANCED 2:1:1 RATIO OF

OMEGA FATTY ACIDS

Made with Organic Flax, Sesame, and Sunflower Seed Oils

USDA ORGANIC

DIETARY SUPPLEMENT

8.5 FL. OZ. (250 mL)

NON GMO Project VERIFIED nongmoproject.org

Supplement Facts

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

Amount Per Serving	% Daily Value
Calories 120	
Total Fat 14 g	18%*
Saturated Fat 1.5 g	8%*
Polyunsaturated Fat 9 g	†
Monounsaturated Fat 2.5 g	†
Omega-3 ALA (alpha-linolenic acid) 6 g	†
Omega-6 LA (linoleic acid) 3 g	†
Omega-9 OA (oleic acid) 2.5 g	†

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

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

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
CERTIFIED ORGANIC BY QAI
67980-R13

CERTIFIED ORGANIC

PLANT BASED OMEGA-3 NON-GMO

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.

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)

Udo's Oil™ 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.

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.

LOT:
BEST BEFORE:

SUSTAINABLE FORESTRY INITIATIVE Certified Sourcing www.sfiprogram.org SFI-

THIS BOX CONTAINS 100% RECYCLED PAPER THIS BOX IS 100% RECYCLABLE

0 61998 67980 7

FLORA

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Udo Erasmus

Certified Organic

Udo's Oil™ 3•6•9 Blend

PROVIDES A BALANCED 2:1:1 RATIO OF

OMEGA FATTY ACIDS

Made with Organic Flax, Sesame, and Sunflower Seed Oils

vegan

gluten-free

GLASS BOTTLE

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CERTIFIED ORGANIC BY QAI
67980-R16

CERTIFIED ORGANIC

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.