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LOT:  
BEST BEFORE:

Udo's Oil® 3-6-9 Blend provides a balanced 2:1 ratio of Omega-3 (840 mg) to Omega-6 (420 mg) 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.

**Try the other Udo's Choice® products to enhance your health and well-being:**

Age- & Condition-Specific Probiotics  
Fiber-Rich Wholesome Fast Food  
Age- & Condition-Specific Enzymes  
Nutrient-Rich Green Blend

Formulated by:  
Udo Erasmus, PhD. *Udo Erasmus*

Gluten Free!



UDO'S CHOICE®

*Udo Erasmus*

# Udo's Oil® 3•6•9 Blend

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

**Made with Flax, Sesame,  
Sunflower, and other Seed Oils**

DIETARY SUPPLEMENT

**90 VEGETARIAN  
SOFTGELS**



**14 softgels are equivalent to  
1 tbsp. of Udo's Oil 3-6-9 Blend.**

## Supplement Facts

Serving Size 2 Softgels (2 g)  
Servings Per Container 45

| Amount Per Serving         | % Daily Value        |
|----------------------------|----------------------|
| Calories 20                | Calories from Fat 20 |
| Total Fat 2 g              | 3%*                  |
| Polyunsaturated Fat 1.5 g  | †                    |
| Monounsaturated Fat 0.5 g  | †                    |
| Omega-3 fatty acids 840 mg | †                    |
| Omega-6 fatty acids 420 mg | †                    |
| Omega-9 fatty acids 350 mg | †                    |

† 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 rice bran oil, organic soy lecithin, organic oat bran oil, and mixed tocopherols in a softgel of modified food starch, carrageenan (seaweed extract), glycerin, sorbitol, water, and caramel (color).

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

**MANUFACTURED FOR FLORA INC.**  
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PRODUCT OF USA 61580C-R04



**Suggested use:** Take 2 softgels three times a day with meals. Keep out of reach of children. Store in a cool, dry place.

Udo's Oil® 3-6-9 blend softgels are ideal for travelers and people on the go as a "maintenance use" omega fatty acid supplement. For best results, use Udo's Oil 3-6-9 blend in liquid form and take 1 tbsp. or more per day with meals (up to 1 tbsp. per 50 lb. of body weight per day).

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