



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.

**FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED.
ONCE OPENED, USE WITHIN 2 MONTHS.**



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**

vegan

gluten-free



GLASS BOTTLE



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%*
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: *Flax seed oil, *sunflower seed oil, *sesame seed oil, *coconut oil, *evening primrose seed oil, *soy lecithin, *rice bran oil, *oat bran oil, mixed tocopherols (Non-GMO).
*Organic

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
CERTIFIED ORGANIC BY QAI 67982-R18

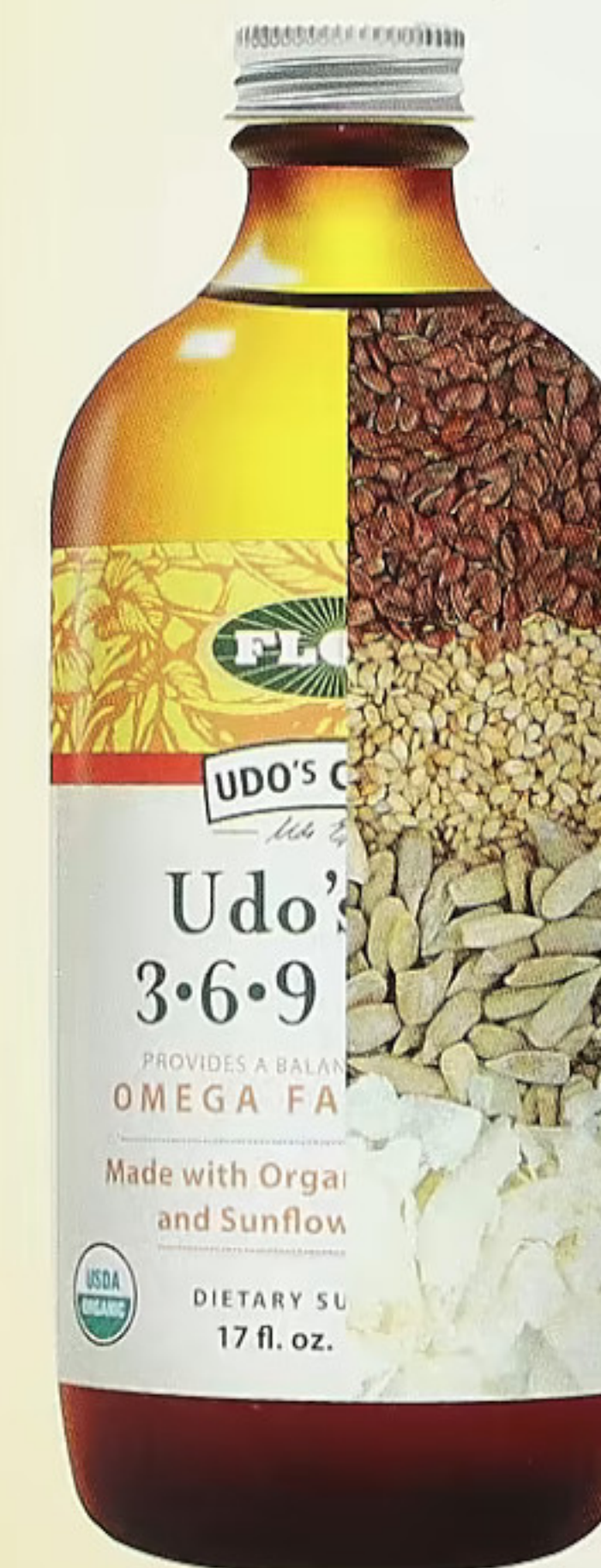


SUGGESTED USE: The cloudy layer in the oil is unique to this blend. To obtain its benefits, shake bottle gently before each use. Take 1 tbsp. or more a day with meals (up to 1 tbsp. per 50 lb. of body weight per day). For best results, substitute other sources of dietary fat with Udo's Oil. **FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED. ONCE OPENED, USE WITHIN 2 MONTHS.** Do not heat or use for frying. Udo's Oil can be frozen to maintain freshness for longer periods.



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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™ 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.