



UDO'S CHOICE®

Udo Erasmus

Udo's Oil® DHA 3•6•9 Blend

BASED ON THE IDEAL 2:1:1 RATIO OF
OMEGA FATTY ACIDS

**Supports cognitive
function and eye health***



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	Calories from Fat 120
Total Fat 13g	20%*
Saturated Fat 2.5g	13%*
Polyunsaturated Fat 8g	†
Monounsaturated Fat 2.5g	†
Omega-3 fatty acids 5g	†
ALA (alpha-linolenic acid) 5g	
DHA (docosahexaenoic acid) 100mg	
EPA (eicosapentaenoic acid) 3mg	
Omega-6 fatty acids (linoleic acid) 3g	†
GLA (gamma-linolenic acid) 40mg	
Omega-9 fatty acids (oleic acid) 2.5g	†

* 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, rosemary leaf extract**, high oleic sunflower oil, tocopherols**, ascorbyl palmitate**, organic oat bran oil.

** as an antioxidant

MANUFACTURED BY:
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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.

PRINTED IN USA

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Udo's Oil® DHA 3•6•9 Blend

- Plant source DHA + GLA/ fish-free
- Supports cognitive function*
- Supports eye health*
- Contains Omega -3, -6, and -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 is a plant source of DHA (docosahexaenoic acid, algae-derived). DHA is an omega-3 fatty acid that is essential for the proper functioning of our brain as adults, and for the development of our nervous system and visual abilities during the first six months of life.*

**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

*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, apple sauce, 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, Udo's Choice® Green Blend, or Udo's Choice® Wholesome Fast Food, for a nutritious, energy-boosting drink.

PRESS DATE:

BEST BEFORE:



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