



UDO'S CHOICE®

Udo Erasmus

Udo's Oil® HIGH LIGNAN 3•6•9 Blend

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

Made with Organic Flax,
Sesame, and Sunflower
Seed Oils



GLASS BOTTLE



DIETARY SUPPLEMENT
8.5 FL. OZ. (250 mL)



Supplement Facts

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

Amount Per Serving	% Daily Value*
Calories 120	Calories from Fat 120
Total Fat 14 g	22%
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	†
GLA (gamma-linolenic acid) 13 mg	
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 fiber blend (flax, sunflower, sesame), organic coconut oil, organic evening primrose seed oil, organic rice bran oil, organic soy lecithin, organic oat bran oil, mixed tocopherols (Non-GMO).

MANUFACTURED BY:

FLORA, INC., 805 E. BADGER RD. LYNDEN, WA 98264

1.800.446.2110 - WWW.FLORAHEALTH.COM

CERTIFIED ORGANIC BY QAI



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 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.

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Udo's Oil® High Lignan 3•6•9 Blend contains the ideal balance of Omega-3 and -6 essential fatty acids (2:1) 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 necessary for cell growth and division. Lignans exhibit antioxidant properties and can be used as part of a healthy diet to help maintain the body's normal hormone levels and support the immune system.*

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.

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 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, 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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