

Udo's Oil® 3.6.9 Blend

BASED ON THE IDEAL 2:1:1 RATIO OF

OMEGA FATTY ACIDS

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

DIETARY SUPPLEMENT

180 VEGETARIAN SOFTGELS



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

Serving Size 2 Softgels (2 g) Servings Per Container 90

Amount Per Serving	% Daily Value
Calories 20 Calo	ries from Fat 20
Total Fat 2 g	3%*
Polyunsaturated Fat	1.5 g †
Monounsaturated Far	t 0.5 g †
Omega-3 fatty acids 84	10 mg †
Omega-6 fatty acids 42	20 mg †
GLA (gamma-linolenic	acid) 1.8 mg
Omega-9 fatty acids 35	i0 mg †
Sell-Helmann or sales	
T Daily Value not established * Percent Daily Value based on	a 2 000 caloria 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 tocotrienols in a softgel of modified food starch, glycerin, carrageenan, (sorbitol or sodium carbonate), and caramel color.

MANUFACTURED FOR FLORA INC. 805 E. BADGER RD. LYNDEN WA 98264 1.800.446.2110 WWW.FLORAHEALTH.COM

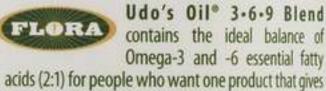


Suggested use: Take 2 softgels three times a day with meals. Keep out of reach of children. Store in a cool, dry place.

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 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.

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Udo's Oil® 3.6.9 Blend contains the ideal balance of Omega-3 and -6 essential fatty

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.

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, lightand 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. Alds CHasaus



