

**FLORA****UDO'S CHOICE®***Udo Erasmus*

Green Blend

All-Vegetarian
Greens, Fiber, & EFA's

DIETARY SUPPLEMENT
8.9 oz. (255 g)

Supplement Facts

Serving Size 1 Tbsp. (8 g)
Servings Per Container about 31

Amount Per Serving	% Daily Value
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Calories 35	Calories from fat 10
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Total Fat 1.5 g	2%*
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Polyunsaturated Fat 1 g	†
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Total Carbohydrate 4 g	1%*
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Dietary Fiber 2 g	8%*
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Protein 2 g	
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Calcium 35 mg	4%
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Iron 1 mg	6%
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Magnesium 30 mg	8%
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Potassium 134 mg	4%
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Omega 3 fatty acids 500 mg	†
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Omega 6 fatty acids 300 mg	†
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† Daily Value not established.

* Percent Daily Value based on a 2,000 calorie diet.

INGREDIENTS: Defatted flax seed*, barley grass*, golden flax seed* defatted sunflower seed*, alfalfa herb*, rice bran, canola, sprouted soybean, tomato, defatted sesame seed*, oat grass*, rye grass*, red beet root, cinnamon bark, stevia leaf,

oat bran*, peppermint leaf, ginger root, bilberry leaf, bee pollen (apis mellifera), chlorella, dulse, spirulina, broccoli, burdock root*, hawthorn berry, kale leaf, licorice root, milk thistle seed, parsley herb, red clover, chrysanthemum flower, yucca root, almond flavor, enzyme blend (amylase, protease, glucoamylase, invertase, malt diastase, lipase, cellulase, lactase, pectinase, bromelain), lemongrass, beet root juice, American ginseng root, artichoke leaf, ginkgo leaf extract, psyllium seed husk, slippery elm bark, kelp*, dandelion leaf, dandelion root, rosemary leaf, sage leaf, thyme leaf, grape seed extract (*certified organic).

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SUGGESTED USE: Mix 1 tablespoon (8 g) up to three times daily with a glass of water or juice. Drink plenty of pure water throughout the day.

CAUTION: Not recommended for those suffering from diarrhea. For optimum freshness, **KEEP REFRIGERATED** and use within 60 days of opening.

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



www.florahealth.com



LOT:
BEST BEFORE:

Udo's Choice® Green Blend is made from a combination of nutritious whole foods, whole food concentrates, and herbal extracts. These premium-quality, all-vegetarian ingredients have been carefully selected to provide optimum nutrition in a synergistic combination that is both complete and convenient. **Udo's Choice® Green Blend** contains green foods that are rich in chlorophyll, minerals, trace elements, and vitamins to help boost stamina and support the body's inherent healing ability.* There are antioxidants for immune support and dietary fiber to help maintain proper elimination.* It also contains components of specially selected oil seeds—the best sources of omega 3 and omega 6 essential fatty acids. **Green Blend** contains no fillers, binders, or other non-nutrient ingredients.

*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.