

## Wholesome Fast Food

DIETARY SUPPLEMENT

All-Vegetarian
Fiber, Enzymes & Phytonutrients

NET WT 8 oz (227 g)

## Supplement Facts

Serving Size 1 Tbsp. (8 g) Servings Per Container about 28

Amount Per Serving % Daily	Value
Calories 35 Calories from	fat 13
Total Fat 1.5 g	2%*
Polyursaturated fat 1 g	+
Total Carbohydrate 3 g	1%*
Dietary fiber 2 g	8%*
Protein 2 g	
Calcium 40 mg	4%
Iron 1.08 mg	6%
Phosphorus 86 mg	9%
Magnesium 44 mg	11%
Potassium 116 mg	3%
Omega 3 fatty acids 700 mg	1
Omega 6 fatty acids 300 mg	†
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Ingredients: defatted flax seed, defatted sunflower seed, defatted sesame seed, rice bran, tofu, carrot, stevia leaf, oat bran, tomato, golden flax seed, licorice root, ginger root, sprouted soybean, barley grass, parsley, chrysanthemum flower, red beet root, cinnamon, almond flavor,

Value based on a 2,000 calorie diet.

lemon grass, Enzyme Blend (amylase, protease, glucoamylase, invertase, malt diastase, lipase, cellulase, lactase, pectinase, bromelain), alfalfa herb, broccoli, kelp, yucca root, hawthom beny, milk thistle, burdock root, red clover flower, kale, psyllium seed husk, slippery elm bark, artichoke leaf, oat grass, rye grass, dandelion root, dandelion leaf, rosemary leaf, thyme leaf, sage leaf, peppermint leaf, bilberry leaf, spirulina, bee pollen, duse, chlorella, gingko leaf extract, beet root juice powder, American ginseng root, grape seed extract.

MANUFACTURED BY: FLORA, INC., P.O. BOX 73, LYNDEN, WA 98264 1.800.446.2110 PRINTED IN CANADA 67505-R00

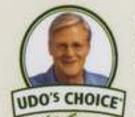
Suggested use: Take 1 tablespoon up to three times daily with plenty of liquid. For optimum results: Take 1 tablespoon per 33 lbs of body weight per day with Udo's Choice Oil Blend. Can be added to juice, protein shakes, applesance, yogurt, sprinded on cereals, salads or other foods. For optimum freshness, KEEP REFRIGERATED and use within 90 days of opening.

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



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Wholesome Fast Food is a synergistic blend of natural source fibers with added whole food

concentrates, essential fats, phytonutrients, greens and digestive enzymes. This combination of ingredients has been carefully selected to deliver optimum nutrition, help increase energy, improve mental performance and support the digestive system." Fiber helps maintain good colon health by easing elimination and bringing relief from occasional constipation.\* When used as part of your regular diet, Udo's Choice\* Wholesome Fast Food also helps maintain normal cholesterol and blood sugar levels.\*

Formulated by: Udo Erasmus, PhD.

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\*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.