



# 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%*                  |
| Polyunsaturated 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 | †                    |
| Omega 6 fatty acids 300 mg | †                    |

† Daily Value not established. \* Percent Daily Value based on a 2,000 calorie diet.

**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,

lemon grass, Enzyme Blend (amylase, protease, glucoamylase, invertase, malt diastase, lipase, cellulase, lactase, pectinase, bromelain), alfalfa herb, broccoli, kelp, yucca root, hawthorn berry, 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, dulse, chlorella, ginkgo leaf extract, beet root juice powder, American ginseng root, grape seed extract.

**MANUFACTURED BY: FLORA, INC.,**  
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**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, applesauce, yogurt, sprinkled 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.**



[www.florahealth.com](http://www.florahealth.com)



LOT:  
BEST BEFORE:



**Udo's Choice® 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.

\*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.