

LOT & BEST BEFORE:

ENGRAVED ON BOTTLE

Udo's Oil® 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.

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 stateof-the-art, low heat, light- and oxygen-free environment and packaged in an environmentally friendly glass bottle.

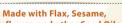
Try the other Udo's Choice® products to enhance your health and well-being:

Age- & Condition-Specific Probiotics Fiher-Rich Wholesome Fast Food Age- & Condition-Specific Enzymes Nutrient-Rich Green Blend

Formulated by: Udo Erasmus, PhD. Mds Estasums







Sunflower, and other Seed Oils

DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 2 Softgels (2 g) Servings Per Container 45

% Daily Value Amount Per Serving Calories 20 Calories from Fat 20 Total Fat 2 g Polyunsaturated Fat 1.5 g Monounsaturated Fat 0.5 g Omega-3 fatty acids 840 mg Omega-6 fatty acids 420 mg Omega-9 fatty acids 350 mg

* Percent Daily Value based on a 2,000 calorie 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 tocopherols in a softgel of mod-

ified food starch, glycerin, carrageenan,

† Daily Value not established.

sorbitol, and caramel color.

MANUFACTURED FOR FLORA INC. 805 E. BADGER RD. **LYNDFN 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 1 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.

PRODUCT OF USA 61580BF-R08

Udo's Oil is formulated by Udo Erasmus, PhD,

Udo's Oil® 3.6.9 Blend

PARA

UDO'S CHOICE

OMEGA FATTY ACIDS

