



LOT: BEST BEFORE: **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.

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-theart, low heat, light- and oxygen-free environment and packaged in an environmentally friendly glass bottle. Udo's Oil has a pleasant, nutty, buttery taste and can be added unheated to foods such as cereal, salad, pasta, or stir-fried vegetables, and even poured over dessert.

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.

Udo Estersams



Udo's Oil®

3.6.9 Blend

BASED ON THE IDEAL 2:1:1 RATIO OF

OMEGA FATTY ACIDS

Made with Organic Flax, Sesame, and Sunflower Seed Oils



32 FL. OZ. (946 mL)



Supplement Facts

Serving Size 1 Tbsp. (15 mL)

Servings Per Container about 63		
Amount Per Serving	% Daily Value	
Calories 120	Calories from Fat 120	
Total Fat 14 g	22%*	
Saturated Fat 1.5 g	8%*	
Polyunsaturated Fa	t 9 g †	
Monounsaturated F	at 2.5 g †	
Omega-3 ALA (alpha-	linolenic acid) 6 g 📑	
Omega-6 LA (linoleic a	acid) 3 g †	
Omega-9 OA (oleic aci	id) 2.5 g †	
† Daily Value not establishe * Percent Daily Value based of		

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, mixed tocopherols (Non-GMO).

MANUFACTURED BY: FLORA, INC., 805 E. BADGER RD. LYNDEN, WA 98264 1.800.446.2110 WWW.FLORAHEALTH.COM CERTIFIED ORGANIC BY QAI 67989-806



Suggested use: The cloudy layer in the oil is unique to this blend. To obtain its benefits, shake bottle gently before each use. Take 1 tbsp. or more a day with meals (up to 1 tbsp. per 50 lb. of body weight per day). For best results, substitute other sources of dietary fat with Udo's Oil. FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED. Do not heat or use for frying. Once opened, use within 2 months. Udo's Oil can be frozen to maintain freshness for longer periods.

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

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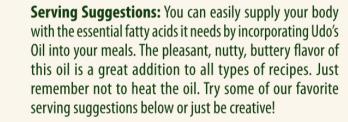
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Udo Estasuus





- Stir it into cottage cheese, applesauce, protein shakes, juices, and homemade soup (after cooking).
- Drizzle it over steamed vegetables, rice, pasta, and baked or mashed potatoes.
- Blend it with extra virgin olive oil in dishes such as hummus and tabouleh, or serve with balsamic vinegar for dipping.
- Combine it with fresh vegetable or fruit juices, Udo's Choice® Green Blend, or Udo's Choice® Wholesome Fast Food, for a nutritious, energy-boosting drink.

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Polyunsaturated Fat 9 g	†
Monounsaturated Fat 2.5 g	†
Omega-3 ALA (alpha-linolenic acid) 6 g	†
Omega-6 LA (linoleic acid) 3 g	†
Omega-9 OA (oleic acid) 2.5 g	†
† Daily Value not established.	
* Percent Daily Value based on a 2,000 calorie diet.	

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