

FLORA

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REST REFORE

#### Udo's Oil® DHA 3-6-9 Blend

- · Plant source DHA + GLA / fish-free
- · Supports cognitive function\*
- · Contains omega -3, -6, and -9 fatty acids
- Unrefined DHA Oil / hexane-free
- · Can be added unheated to foods such as cereal, salad, pasta, or poured over dessert

Udo's Oil DHA Blend is a plant source of DHA (docosahexaenoic acid, algae-derived). DHA is an omega-3 fatty acid that is essential for the proper functioning of our brain as adults, and for the development of our nervous system during the first six months of life.\*

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



\*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.





OMEGA FATTY ACIDS

**Supports cognitive function** and overall health



DIETARY SUPPLEMENT 8.5 FL. OZ. (250 mL)



## **Supplement Facts**

Servings Per Container about 16

Amount Per Serving	% Daily Value
Calories 120 Calor	ries from Fat 120
Total Fat 13 g	20%*
Saturated Fat 2.5 g	13%*
Polyunsaturated Fat 8 g	†
Monounsaturated Fat 2.	5 g †
Omega-3 fatty acids 5 g	†

ALA (alpha-linolenic acid) 5 g DHA (docosahexaenoic acid) 100 mg EPA (eicosapentaenoic acid) 3 mg Omega-6 fatty acids (linoleic acid) 3 g

GLA (gamma-linolenic acid) 40 mg Omega-9 fatty acids (oleic acid) 2.5 g

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

INGREDIENTS: Organic flax seed oil, organic sunflower seed oil, organic sesame seed oil, organic evening primrose seed oil, algal oil (Schizochytrium sp.), organic coconut oil, organic rice bran oil, organic soy lecithin, rosemary leaf extract\*\*, high oleic sunflower oil, tocopherols\*\*, ascorbyl palmitate\*\*, organic oat bran oil. \*\* as an antioxidant

MANUFACTURED BY: FLORA, INC., 805 E. BADGER RD. IVNDEN WA 98264 1.800.446.2110 WWW.FLORAHEALTH.COM 67997-R11

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. Ildo'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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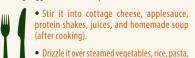
Age- & Condition-Specific Probiotics Fiber-Rich Wholesome Fast Food Age- & Condition-Specific Enzymes Nutrient-Rich Green Blend

Formulated by: Udo Erasmus, PhD.

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serving suggestions below or just be creative!



- 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.

LOT:

BEST BEFORE:





# Udo's Oil® 3.6.9 Blend

BASED ON THE IDEAL 2:1:1 RATIO OF OMEGA FATTY ACIDS

**Supports cognitive function** and overall health









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