

Fresh-Pressed

Udo's Oil® DHA 3.6.9 Blend

- Supports cognitive function^a
- Contains omega -3, -6, and -9 fatty acids
- Unrefined DHA Oil / hexane-free
- 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

Formulated by: Udo Erasmus, PhD. Uds Exasuus

*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.

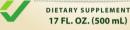


Udo's Oil

3.6.9 Blend

OMEGA FATTY ACIDS

Supports cognitive function and overall health





MANUFACTURED BY: Supplement Facts

Serving Size 1 Tbsp. (15 mL)

Saturated Fat 2.5 g

Polyunsaturated Fat 8 g

ega-3 fatty acids 5 g

Monounsaturated Fat 2.5 g

ALA (alpha-linolenic acid) 5 g

DHA (docosahexaenoic acid) 100 mg

EPA (eicosapentaenoic acid) 3 mg

GLA (gamma-linolenic acid) 40 mg

Omega-9 fatty acids (oleic acid) 2.5 g

Percent Daily Values are based on a 2,000 alorie 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

Servings Per Container about 33

Amount Per Serving % Daily Value

FLORA. INC., 805 F. BADGER RD. IVNDEN WA 08364 1 900 446 2110 WWW.FLORAHEALTH.COM

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 thsp per 50 lb. of body weight per day). For best results, substitute other sources of dietary fat with Ildo's Oil FOR OPTIMITY ERECHNESS KEED REFRIGERATED. Do not heat or use Omega-6 fatty acids (linoleic acid) 3 g 1 for frying. Once opened, use within

> maintain freshness for longer periods. Security sealed for your protection. Do not use if seal is missing or damaged

2 months. Udo's Oil can be frozen to



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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.*

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Serving Suggestions: You can easily supply your body with the essential fatty acids it needs by incorporating Udo's Oil into your meals. The pleasant nutty, buttery flavor of this oil is a great addition to all types of recipes. Just remember not to heat the oil. Try some of our favorite serving suggestions below or iust be creative!

• 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.

LOT

BEST BEENDE





UDO'S CHOICE

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

Supports cognitive function and overall health'









Supplement Facts Servings Per Container about 33 Amount Per Serving % Daily Value Calories 120 Calories from Fat 120 Total Fat 13 13%* Saturated Fat 2.5g Polyunsaturated Fat 8g Monounsaturated Fat 2.5g

DHA (docosahexaenoic acid) 100mg EPA (eicosapentaenoic acid) 3mg Omega-6 fatty acids (linoleic acid) 3g GLA (gamma-linolenic acid) 40mg Omega-9 fatty acids (oleic acid) 2.5g

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 seame 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. LYNDEN, WA 98264 1.800.446.2110 WWW.FLORAHEALTH.COM

Omega-3 fatty acids 5g

ALA (alpha-linolenic acid) 5g



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. PRINTED IN USA

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