



Retail Price: ~~\$.45.79~~  
**Price: \$36.63**  
 Shipping Weight: 4.29 pounds  
**YOU SAVE: \$11.50**

**Udo's Oil is formulated by Udo Erasmus, PhD:** an internationally acclaimed authority on the subject of essential fatty acids and author of the ground breaking book *Fats That Heal Fats That Kill*. Udo's oil blend is fresh-pressed in a state-of-the-art 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.

**Description**

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.

**Directions**

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 lbs of body weight per day). For best results, substitute other sources of dietary fat with Udo's Oil. 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 just be creative!

- Stir it into cottage cheese, apple sauce, 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.

**Product Highlights**

- The Ideal 2:1:1 Ratio of Unrefined Omega Fatty Acids
- Made with Organic Flax, Sesame and Sunflower Seed Oils
- Plant Based Omega-3
- Fish Free
- Dietary Supplement

Supplement Facts		
Serving Size: 1 Tbsp. (15 ml)		
Servings Per Container: 63		
	Amount Per Serving	% DV
Calories	120	
Calories from Fat	120	
Total Fat	14 g	22%
Saturated Fat	1.5 g	8%
Polyunsaturated Fat	9 g	
Monounsaturated Fat	3 g	
Omega-3 ALA (alpha-linolenic)	6 g	†
Omega-6 LA (linoleic acid)	3 g	†
GLA (gamma-linolenic acid)	13 mg	
Omega-9 OA (oleic acid)	3 g	†

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

**Warning**

Keep out of reach of children.

Smart Phone Scan



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