



Retail Price: ~~18.79~~  
**Price: \$14.99**  
 Shipping Weight: 1.45 pounds  
**YOU SAVE: \$3.80**

This combination of ingredients has been carefully selected to deliver optimum nutrition, help increase energy, improve mental performance and support the digestive system.\* Fiber helps maintain good colon health by easing elimination and bringing relief from occasional constipation.\* When used as part of your regular diet, Udo's Choice Whole Fast Food also helps maintain normal cholesterol and blood sugar levels.\*

**Description**

Udo's Choice Wholesome Fast Food Blend is a synergistic blend of natural source fibers with added whole food concentrates, essential fats, phytonutrients, greens and digestive enzymes.

**Directions**

Take 1 Tablespoon up to three times daily with plenty of liquid. For optimum results- Take 1 tablespoon per 33 lbs of body weight per day with Udo's Choice Oil Blend. Can be added to juice, protein shakes, applesauce, yogurt, sprinkled on cereals, salads or other foods. For optimum freshness, Keep refrigerated and use within 90 days after opening.

**Product Highlights**

- All-Vegetarian
- Fiber, Enzyme and Phytonutrients
- Dietary Supplement

**Warning**

Keep out of reach of children.



Dr. Udo Erasmus, PhD

PRESSED OILS

**Supplement Facts**

Serving Size: 1 tbsp (8 g)  
 Servings per container: about 28

Amount Per Serving % Daily Value*		
Calories	35	
Calories from Fat	13	
Total Fat	1.5 g	2%
Polyunsaturated Fat	1 g	†
Total Carbohydrate	3 g	1%
Dietary Fiber	2 g	8%
Protein	2 g	4%
Phosphorus	86 mg	9%
Magnesium	44 mg	11%
Potassium	116 mg	3%
Calcium		4%
Iron		6%
Omega 3 Fatty Acids	700 mg	†
Omega 6 Fatty Acids	300 mg	†

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

Other Ingredients:  
 Each 8 oz. (227 g) contains a proprietary blend of- Udo's Choice Seed Cake powder (certified organic defatted flax seed\*, certified organic defatted sunflower seed\*, certified organic defatted sesame seed\*, rice bran powder, oat bran powder\*), rice bran, tofu carrot, stevia, tomato, golden flax seed\*, powdered sprouted soybean, licorice root, ginger, barley grass\*, parsley, chrysanthemum, red beet, cinnamon, almond flavor, lemon grass, Udo's Choice Digestive Enzyme Blend (amylase, protease, glucoamylase, invertase, malt diastase, lipase, cellulase, lactase, pectinase, bromelain), alfalfa, broccoli, kelp\*, yucca, hawthorn berry, milk thistle, burdock root\*, red clover, kale, psyllium, slippery elm, artichoke, oat grass\*, rye grass, dandelion root, dandelion leaf, rosemary, thyme, sage, peppermint, bilberry leaf, spirulina, bee pollen, dulse, chlorella, beet juice, American ginseng, ginkgo extract grape seed extract. (\*certified organic)

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