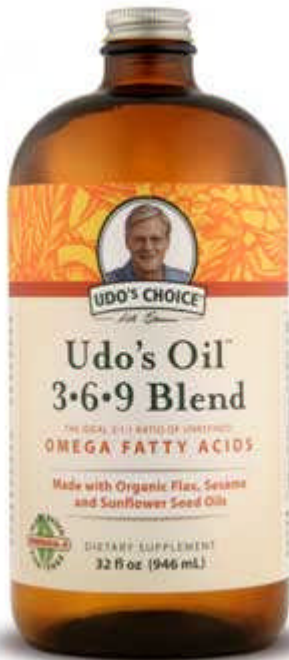


## Udo's Oil™ 3•6•9 Blend - Liquid



***Omega Rich. Certified Organic Flax and Other Oils Rich in Essential Fatty Acids. Dietary Supplement.***

### The Truth About Fat

Most people think that avoiding all fat is the path to true health, but in reality there are two substances that can only be found in fat that are just as necessary to our survival as proteins, carbohydrates, vitamins and minerals. Of the many kinds of fats, only the ones called Omega 3 and 6 have been designated as essential fatty acids (EFAs) by scientists, because every living cell in the body needs these fats, but the body can't make them on its own. A direct food source is always required.

The key to health from fats lies in ingesting the essential ones in the proper ratio. This isn't usually achieved as it has been shown that the average diet is far too high in omega 6 and dangerously low in omega 3. Another concern we face when choosing a source of EFAs is that the majority of oils found on grocery store shelves have been damaged by heat, light and oxygen and modern processing practices. These oils may no longer provide healthful EFAs and may even be harmful.

### Udo's Oil™ 3•6•9 Blend – Made with Health in Mind

Udo's Oil™ 3•6•9 Blend is a special blend of carefully chosen, natural, unrefined, EFA-rich oils that has a pleasant, nutty, buttery taste. It contains oils from fresh, certified organic flax, sesame, sunflower and evening primrose seeds as well as oils from rice and oat germ, providing 'minor' ingredients with major health benefits. This oil blend has added non-GMO soy lecithin, which improves oil digestion and provides the building materials for healthy cell membranes. Udo's Oil™ 3•6•9 Blend also contains coconut oil, which is easy to digest and

assimilate and can be used directly by our cells as a source of energy without increasing fat deposits.

Udo's Oil™ 3•6•9 Blend is pressed and filtered in a state-of-the-art, low heat, light and oxygen-free environment to maximize stability and provide nutritional value and freshness. Nitrogen purged, amber glass bottles are filled with the oil blend and then nitrogen flushed to eliminate oxygen. The bottles are then capped and packed in a box to further protect the ingredients and ensure the highest available possible quality. It is kept refrigerated in storage and special packed for transit when the weather dictates to keep the heat sensitive EFAs fresh.

## Serving Suggestions & Storage

- Start with one tbsp per day and gradually increase to one tbsp for every 50 pounds of body weight per day.
- Udo's Oil™ 3•6•9 Blend is compatible with all foods and can be used with cold, warm and hot foods (once off the heat source), but must not be used for frying, baking or other high temperature cooking.
- Favorite uses are in fruit or vegetable salads, protein shakes, yogurt, apple sauce and juices.
- Try it on steamed vegetables, rice and pastas and baked or mashed potatoes or add it to homemade soup (after cooking).
- Mix it with extra virgin olive oil in dishes such as hummus and tabouleh or serve with balsamic vinegar for dipping.
- Add to fresh vegetable juices along with Udo's Choice Green Blend, or Udo's Choice Wholesome Fast Food Blend, for a nutritious addition to any meal.

### Storage:

**Liquid** (available in 8.5 oz., 17 oz., and 32 oz. bottles)

Unopened bottles can be kept refrigerated for up to six months and for over two years in the freezer (oil shrinks when frozen; the glass bottle will not break). Once opened, use within 4–6 weeks and keep refrigerated between uses.

**Capsules** (available in 90 and 180 capsules per bottle)

Store in a cool, dry place. Ideal for traveling. 14 capsules is equivalent to 15 ml (1 tbsp).

## Easy & Tasty Recipe Ideas

### Pasta Dressing

1 serving

1 Tbsp. Oil Blend

1 tsp. crushed or chopped garlic

1-2 tsp. of your favorite herbs to taste

*Shake thoroughly and pour over hot or cold pasta.*



### Cracker Spread

8 oz cottage cheese

1 Tbsp. Oil Blend pinch of cayenne or black pepper Chopped green onions (optional)

*Thoroughly mix ingredients and spread on crackers or toast*



### Vegetable Dip

#### savory

1/4 cup drained yogurt

1 Tbsp. Udo's Choice Oil Blend

add finely chopped or dried chives, oregano, basil, cayenne, and salt/pepper to taste

#### sweet

add freshly grated or powdered ginger, lemon, honey, grated apple and raisins to taste.



### Protein Shake

1 serving of your favorite non-GMO whey or soy protein powder

1-2 Tbsp. Oil Blend

12-16 oz soy or other milk substitute blend together

optional ingredients

1 Tbsp. Wholesome Fast Food Fiber Blend

1 Tbsp. Green Blend

1 capsule Digestive Enzymes (open capsule, empty into shake and discard casing).

