

Udo's Choice Wholesome Fast Food

16 oz bottle

Item Catalog Number: 00322

Udo's Choice Wholesome Fast Food Blend is a revolutionary meal replacement product that is a delicious, lignan-rich flax seed formula containing a wide range of health-promoting foods. Udo's Choice Wholesome Fast Food Blend is a rich source of omega-3 and omega-6 fatty acids.

Supplements are to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

References

Supplement Facts

Serving Size 1 tablespoon (8 g)

Servings Per Container 56

Amount Per Serving

Calories	35
Calories from fat	15
Total fat	1.5 g
Saturated fat	0.2 g
Polyunsaturated fat	1.125 g
Omega-3 fatty acids	.7 g
Omega-6 fatty acids	.4 g
Monounsaturated fat	0.18 g
Cholesterol	0 mg
Total carbohydrates	3 g
Dietary fiber	3 g
Soluble fiber	1 g
Insoluble fiber	2.5 g
Sugars	1 g
Protein	2 g
Calcium	24 mg
Iron	0.7 mg
Sodium	0 mg
Potassium	100 mg

Ingredients: flaxseed and flax, sunflower seed, sesame seed, rice germ and bran, oat germ and bran, tofu, dried sugar cane juice, carrot, tomato, pumpkin seed, sprouted soybeans, cinnamon, ginger, licorice root, parsley, chrysanthemum, beet, almond flavoring, lemon grass, protease, lipase, amylase, cellulase, maltase, glycoamylase, invertase, pectinase, phytase, lactase, broccoli, kelp, yucca, hawthorn berry, milk thistle, burdock root, red clover, kale, dandelion root and leaf, psyllium husk, slippery elm, stevia, artichoke, rosemary, thyme, sage, ginkgo extract, barley grass, alfalfa grass, spirulina, bee pollen, dulse, chlorella, oat grass, red beet juice powder, rye grass, peppermint, bilberry leaf, American ginseng, grape seed extract.

Dosage and Use

- Take one tablespoon one to three times per day.
- Blends easily with fruit or vegetable juices for a nutritionally complete, wholesome drink.
- Store in refrigerator before and after opening.

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