

Serving Suggestions

- For a quick, nutritious breakfast, just add water or juice, stir, drink and you're on your way.
- Use as a mid-morning or mid-afternoon pick-me-up instead of coffee or sweets, for balanced blood sugar, better sustained energy, and better effects on your health.
- Add to protein shakes, buttermilk, or fruit and yogurt smoothies to replace a meal.
- Mix with vegetable juices, apple juice, applesauce, oatmeal, yogurt or kefir.
- Mix with Udo's Choice® Ultimate Oil Blend® for added nutrients.
- Sprinkle on salads, add to soups or use to enrich the natural profile of other foods.
- Due to the high fibre content, be sure to consume with plenty of liquid for optimal benefits.
- If you are not accustomed to consuming a lot of fibre, start with 1 Tbsp. per day and slowly increase to optimum amounts.
- For optimum freshness, keep Wholesome Fast Food Blend refrigerated.

References:

- Kriegelstein J. 2000.
Flora K, Hahn M, Rosen H, Benner K. 1998.
Le Marchand L., et al., 1997.
Anderson J.W., Smith B.M., Gustafson N.J., 1994.
Khanna S, Roy S, Bagchi D, Bagchi M, Sen CK. 2001.
- Wegener T, Fintelmann V. 1999.
Wien Med Wochenschr. 1999.
Chen H.L., 1998.
Kestin M., et al., 1990.

Ingredients:

Food: Tofu, carrot, tomato, Soyforce™ powdered sprouted soybeans*, red beet, natural almond flavouring, Udo's Choice® Ultimate Digestive Enzyme Blend (protease, lipase, amylase, cellulase, malt diastase, glucoamylase, invertase, pectinase (with phytase), lactase and bromelain in a base of beet root fibre and maltodextrin), broccoli, kelp, kale, stevia, artichoke, dulse, red beet juice powder.

Phytonutrients from: Ginger, licorice root, parsley, cinnamon, chrysanthemum, lemongrass, yucca, hawthorn berry, milk thistle, burdock root*, red clover*, dandelion root and leaf, slippery elm, rosemary, thyme, sage, standardized ginkgo extract 24/6, bee pollen, peppermint, bilberry leaf, ginseng, standardized grape seed extract.

Greens: Pines™ Barley Grass*, Pines™ Alfalfa Grass powder*, spirulina, chlorella, Pines™ Oat Grass powder*, Pines™ Rye Grass powder*.

Fats from: flax seed*, sunflower seed*, sesame seed*, rice germ, oat germ, whole golden flax seed*.

Fibre from: Defatted (flax*, sunflower*, sesame*, rice bran, oat bran*) and psyllium husk.

* organically grown

Who is Udo Erasmus?

Udo Erasmus is an international authority on fats, oils, cholesterol and human health.



Udo received his B.Sc. in Honours Zoology from the University of British Columbia and followed this with graduate studies in Biochemistry and Genetics. In 1980, his life took a significant turn when he was poisoned by pesticides. When conventional medicine was unable to provide help, he concluded that his health was his own responsibility and turned his attention to nutrition. Several years of research culminated in his Canadian best-selling book, *Fats that Heal Fats that Kill* which earned him a PhD. in nutrition.

In 1983, he began to pioneer technology for pressing and packaging edible, fresh oils made with health in mind, under the exclusion of the three main factors which can transform nutritious oils into toxic ones - light, heat, and oxygen. Until that time, oils were highly processed by destructive methods, sacrificing health benefits in order to attain long shelf life.

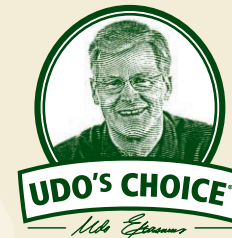
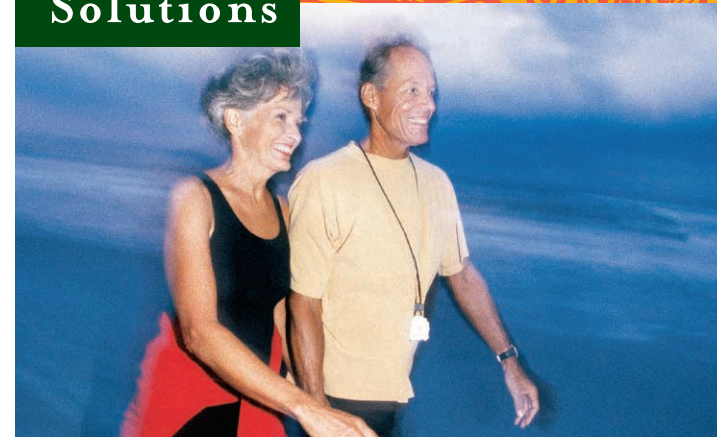
Over the past fifteen years, he has appeared on nationally syndicated radio and television shows and has given thousands of media interviews and lectures, educating audiences across Canada, the U.S., Europe, and Australia on the components of good health. Presently, Udo continues to develop steps towards optimum health and to work on his next book. Visit Udo at www.udoerasmus.com.

For more information on Wholesome Fast Food Blend

Please visit our website
www.florahealth.com

or call
1-888-436-6697

Fibre Solutions



Wholesome Fast Food Blend

A tasty blend of natural source fibres with added nutrients to cleanse the entire digestive tract, improve the absorption of nutrients and aid the removal of cholesterol and toxins resulting in improved over-all colon health.

Formulated by Udo Erasmus
Author of *Fats that Heal Fats that Kill*



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What Is Udo's Choice® Wholesome Fast Food Blend?

Wholesome Fast Food Blend delivers a full spectrum of essential and healing compounds from natural source soluble and insoluble fibre, lignans, phytonutrients, natural antioxidants and active plant enzymes, as well as high levels of major and trace nutrients and essential fatty acids. It's primarily organic ingredients have been selected to deliver optimum nutrition resulting in increased energy, endurance and improved mental performance. It also encourages cellular renewal, smoother skin, bowel regularity and lower cholesterol.

Deep Cleansing Fibre

Both soluble and insoluble fibre are required for optimum health and are essential for the healthy functioning of the human digestive tract. Wholesome Fast Food Blend contains insoluble fibre to bulk stools and ease elimination, as well as mucilaginous soluble fibre from flax, slippery elm, kelp, dulse and psyllium to bind cholesterol, toxins and heavy metals so they can be expelled from the body. Mucilaginous soluble fibre plays a role in stabilizing blood sugar, preventing colon cancer, constipation, diarrhea, hemorrhoids, obesity and many other disorders and also feeds the beneficial micro-organisms in the digestive tract.

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

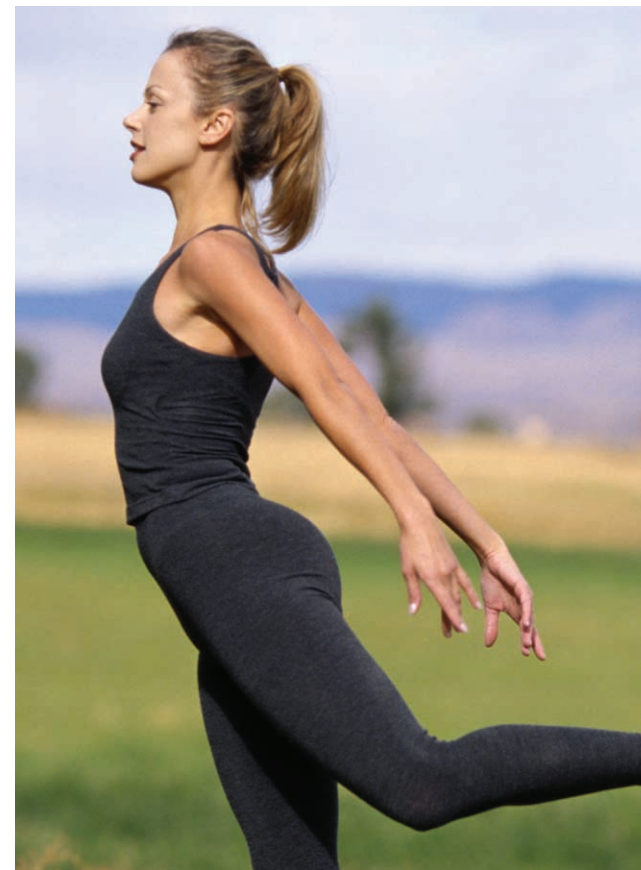
Because fibre is essentially not digested, it does not supply any calories, but it does bind large amounts of water. A single gram of mucilaginous soluble fibre can bind up to 15 grams of water, which can increase elimination greatly. The main source for this type of fibre is plants because animal products lack the fibre necessary for good bowel health. Research suggests that we need a minimum of 30 grams of plant-source fibre daily to achieve optimum bowel health, but most people obtain just 10 grams or less.

Health Promoting Lignans

Containing more than 100 times the amount found in other foods, flaxseeds are the highest known source of special antioxidants called lignans that are demonstrating some rather impressive health benefits. These benefits include anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory activity as well as positive effects in relieving menopausal hot flashes. Lignans also exhibit actions against lupus, diabetes and high cholesterol. Scientific research has also shown that lignans are changed by the bacteria in the human intestine to compounds which are protective against hormone-related diseases like breast, uterine and prostate cancers.

Phytonutrients and Herbs

Wholesome Fast Food Blend also contains a special selection of phytonutrient-rich vegetables with the greatest known benefits for health and disease prevention as well as healing herbs that can be taken every day to improve health the natural way. Some of these include Milk Thistle to improve digestion and cleanse the liver, Ginkgo Biloba to enhance memory and circulation through antioxidant activity, Grape Seed Extract to improve circulation and ease allergic reactions and Artichoke and Dandelion, both of which improve digestion and aid in lowering cholesterol and blood pressure.



Digestive Enzymes

Digestive enzymes are only a few of the thousands of known enzymes. They are like scissors that cut up the foods we eat into basic building blocks that our body then absorbs and reassembles to build cells, tissues, organs, glands and entire body systems. They have been included in Wholesome Fast Food Blend to ensure the proper breakdown and therefore optimum absorption of the full-spectrum of essential and healing compounds in this formula.