Carlson®

Olive your Heart®

OLIVE OIL & FISH OIL

1,480 mg Omega-3s

Basil Flavor

1961-1c

8.4 fl oz (250 mL)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container about 17

	Amount Per Serving	% DV
Calories	130	
Total Fat	13 g	17%**
Saturated Fat	1.5 g	8%**
Cholesterol	70 mg	23%
Norwegian Fish Oil	4.5 g	†
Omega-3 Fatty Acids☆	1,480 mg	†
EPA (Eicosapentaenoic Acid)☆	360 mg	†
DHA (Docosahexaenoic Acid)☆	900 mg	†
Greek Olive Oil	9.1 g	†
Omega-9 Fatty Acids☆	6,800 mg	†
Oleic Acid☆	6,300 mg	†

** Percent daily Values (DV) are based on a 2,000 calorie diet. † Daily Value (DV) not established. ☆ Reported as triglycerides.

Ingredients: Olive oil, fish oil. Contains <0.5% of the following: natural basil flavor, antioxidant blend (natural mixed tocopherols, rosemary extract, sunflower oil). Contains fish (cod, pollock, and haddock).

Directions: Take one tablespoon daily **at mealtime**. Refrigerate after opening. Preferably use within 30 days.

Do not heat the oil.

✔ **No Artificial Ingredients**

Bottled in Norway by
Carlson Healthy Oils.
Dist. by J. R. Carlson Laboratories, Inc.
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www.carlsonlabs.com

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✔ **Premium olive oil**
✔ **1,480 mg omega-3s**
✔ **Non-GMO**

Olive your Heart® blends Greek Terra Creta cold-pressed , extra virgin olive oil with premium Norwegian marine oil sourced from wild caught, deep cold water fish. Each serving provides 1,480 mg of omega-3s, including EPA and DHA. Olive your Heart® is mild and smooth, and makes it easy and delicious to add heart healthy nutrients into your diet.*

PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

19B-1c

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Extra Virgin Olive Oil

Polyphenols
✔ Antioxidant*

Omega-9 Oleic Acid
✔ Heart Health*
✔ Immune Support*
✔ Energy Production*

+ Omega-3s *from* Fish Oil

EPA
✔ Cardiovascular Health*
✔ Joint Health*
✔ Healthy Mood*

DHA
✔ Brain Function*
✔ Healthy Vision*
✔ Nerve Health*

= Olive your Heart®

Optimal Cardiovascular System Support*

19L-1d

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