

Carlson®



Olive your Heart®

OLIVE OIL & FISH OIL

1,480 mg Omega-3s



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 garlic 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.
Arlington Heights, IL 60004
888-234-5656
www.oliveyourheart.com
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.

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

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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*

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