



Carlson.

Olive your Heart.®

OLIVE OIL & FISH OIL

15 — 15 mL Packets | 7.6 fl oz (225 mL)

DIETARY SUPPLEMENT

Carlson.



Olive
your
Heart.

OLIVE OIL & FISH OIL

1,480 mg Omega-3s



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Olive Your Heart® blends Greek Terra Creta cold-pressed, extra virgin olive oil with premium Norwegian marine lipids 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.*

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*



Supplement Facts

Serving Size 1 Packet (15 mL)
Servings Per Container 15

	Amount Per Serving	%DV
Calories	120	
Total Fat	24g	48%*
Saturated Fat	2g	4%*
Cholesterol	10mg	20%*
Norwegian Fish Oil	4.0g	80%*
Omega-3 Fatty Acids**	1,480mg	100%*
EPA (Eicosapentaenoic Acid)**	380mg	100%*
DHA (Docosahexaenoic Acid)**	900mg	100%*
Greek Olive Oil	9.0g	180%*
Omega-9 Fatty Acids**	7,180mg	100%*
Oleic Acid**	6,900mg	100%*

** Percent Daily Values (DV) are based on a diet with 20% fat.
* Daily Value (DV) not established. ** Represents a typical

Ingredients: Olive oil, fish oil, natural garlic flavor. Contains <0.5% of the following: antioxidant blend (vitamin E, tocopherols, rosemary extract), sunflower oil, lecithin (soy, pork, and haddock).

Directions: Adults: take one packet daily at mealtime. Do not heat the oil.

✓ No Artificial Ingredients

*These statements have not been evaluated by the FDA and are intended to support a general diet.

PURITY GUARANTEED

This product is regularly tested by independent 3rd party laboratories. It has been determined to be free of lead and free of AOC (artificially added chemicals) and free of dangerous heavy metals, including lead, PCBs and 28 other contaminants.

Packaged in Norway by Carlson Health LLC
Dist. by J.R. Carlson Laboratories, Inc.
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Omega-3s Have Never Tasted So Good™

www.oliveyourheart.com