



Carlson.

Olive your Heart.®

OLIVE OIL & FISH OIL

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



1,480 mg omega-3s

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^{***} 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	14g 28%
Saturated Fat	7g 14%
Cholesterol	0mg 0%
Non-fermented Fish Oil	6.5g *
Omega-3 Fatty Acids ^{††}	1,480mg **
EPA (Eicosapentaenoic Acid) ^{††}	360mg *
DHA (Docosahexaenoic Acid) ^{††}	980mg *
Greek Olive Oil	5.0g *
Omega-9 Fatty Acids ^{††}	1,380mg *
Other Acids ^{††}	6,800mg *

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established. †† Reported in *International Journal of Food and Nutrition*.

Ingredients: Olive oil, fish oil, natural basil flavor, natural tocopherols, rosemary extract, sunflower oil, Carlson's food grade, and herbals.

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

✓ No Artificial Ingredients

*These statements have not been evaluated by the FDA. Please consult your physician for more information.

PURITY GUARANTEED
This product is regularly tested by independent ISO certified laboratories. It has been determined to be free and safe per all AOC's international protocols and has been determined to be safe, authentic, and 100% and 20 other statements.

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

www.oliveyourheart.com