



Carlson®

Olive  
your  
Heart.®

OLIVE OIL & FISH OIL

1,480 mg Omega-3s

0.5 fl oz (15 mL)

DIETARY SUPPLEMENT

1998-1a



Carlson®

### Supplement Facts

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

	Amount Per Serving	% DV
Calories	120	
Total Fat	14 g	18%**
Saturated Fat	2 g	10%**
Cholesterol	70 mg	23%
Norwegian Fish Oil	4.6 g	†
Omega-3 Fatty Acids <sup>☆</sup>	1,480 mg	†
EPA (Eicosapentaenoic Acid) <sup>☆</sup>	360 mg	†
DHA (Docosahexaenoic Acid) <sup>☆</sup>	900 mg	†
Greek Olive Oil	9.2 g	†
Omega-9 Fatty Acids <sup>☆</sup>	7,590 mg	†
Oleic Acid <sup>☆</sup>	6,900 mg	†

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

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

**Directions:** Adults: take one packet daily at mealtime.

**Do not heat the oil.**

✓ **No Artificial Ingredients**

Bottled in Norway by Carlson Healthy Oils  
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[www.oliveyourheart.com](http://www.oliveyourheart.com)  
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