Lemon Flavor

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 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	14 g	18%**
Saturated Fat	2 g	10%**
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	9.0 g	†
Omega-9 Fatty Acids☆	7,590 mg	†
Oleic Acid☆	6,900 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, natural lemon flavor. 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

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

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.

Packaged in Norway by Carlson Healthy Oils
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Omega-3s Have Never Tasted So Good™

www.oliveyourheart.com