

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	120
Total Fat	14 g 18%**
Saturated Fat	2 g 10%**
Cholesterol	70 mg 23%
Norwegian Fish Oil	4.5 g †
Total Omega-3 Fatty Acids [‡]	1,480 mg †
EPA (Eicosapentaenoic Acid) [‡]	360 mg †
DHA (Docosahexaenoic Acid) [‡]	900 mg †
Greek Olive Oil	9.0 g †
Total 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 basil flavor. Contains <0.5% of the following: antioxidant blend (natural mixed tocopherols, rosemary extract). Contains fish (cod, pollock, and haddock).

Directions: Adults: 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.
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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 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.*

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.

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*

19L-1d

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