



Carlson®

Olive
your
Heart®

OLIVE OIL & FISH OIL

1,480 mg Omega-3s

0.5 fl oz (15 mL)
DIETARY SUPPLEMENT

1978-1b



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	4.5 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 lemon flavor. Contains <0.5% of the following: antioxidant blend (natural mixed tocopherols, rosemary extract). Contains fish (cod, pollock, and haddock).

Directions: Adults: take one packet daily at mealtime.

Do not heat the oil.

✓ **No Artificial Ingredients**

Packaged in Norway by Carlson Healthy Oils
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