



# OLIVE YOUR HEART®

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**PREMIUM  
BLEND**  
OF EXTRA VIRGIN  
**OLIVE +  
FISH OIL**

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DIP • DRIZZLE • DRESS

**1,480 mg  
OMEGA-3s  
Per Serving**



**BASIL  
FLAVORED**

1960-1b

## ALPHAS NEED OMEGAS

**1,480 mg OMEGA-3s  
PER SERVING,  
INCLUDING  
EPA + DHA**

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What happens when Greek Terra Creta cold-pressed extra virgin olive oil gets friendly with marine lipids sourced from wild caught, deep cold water fish? You get **Olive Your Heart®**. Mild, smooth and delicious, it's an easy way to add heart-healthy nutrients to your diet.\*

## N♥N-GMO

### 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.

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\*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

### Olive 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\*

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### OPTIMAL CARDIOVASCULAR SYSTEM SUPPORT\*

1960L-1b

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## 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                              | 40 mg  | 13%   |
| Norwegian Fish Oil                       | 4.5 g  | †     |
| Total Omega-3<br>Fatty Acids☆            | 1.48 g | †     |
| EPA<br>(Eicosapentaenoic Acid)☆          | 360 mg | †     |
| DHA<br>(Docosahexaenoic Acid)☆           | 900 mg | †     |
| Olive Oil ( <i>Olea Europaea</i> /fruit) | 9.0 g  | †     |
| Total Omega-9<br>Fatty Acids☆            | 7.59 g | †     |
| Oleic Acid☆                              | 6.9 g  | †     |

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value (DV) not established.

**Ingredients:** Greek 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). ☆ Reported as triglycerides.

**Directions:** Adults: take one tablespoon (15 mL) daily at meal-time. Refrigerate after opening. Preferably use within 30 days.

### Do not heat the oil.

Dist. by J. R. Carlson Laboratories, Inc.  
Arlington Heights, IL 60004 USA  
888-234-5656  
Mfg. & Bottled in Norway by  
Carlson Healthy Oils  
oliveyourheart.com  
carlsonlabs.com



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**8.4 fl oz (250 mL)**  
**DIETARY SUPPLEMENT**