

FISH NUTRITION FACTS

Farmed Pacific Oysters have naturally high levels of many nutrients which contribute to a healthy lifestyle.

A GOOD SOURCE OF OMEGA 3

Omega 3 fatty acids (specifically EPA+DHA) contain anti-inflammatory properties which can reduce the risk of heart disease and arthritis symptoms and are believed to reduce the risk of developing some cancers.

A SOURCE OF IRON

Iron deficiency is common, especially in female sub groups (menstruating women, pregnant women, teenagers and athletes) as well as babies and toddlers.

A SOURCE OF MAGNESIUM

Magnesium helps maintain normal muscle and nerve function and supports a healthy immune system.