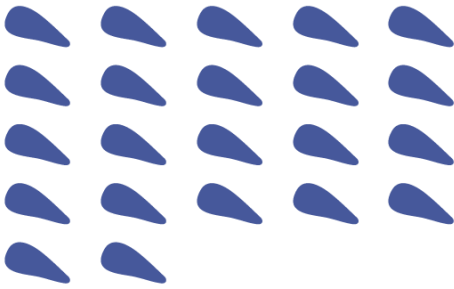




100 GRAMS  
FARMED NATIVE OYSTERS

**equals**

THE SAME OMEGA 3 AS



2200 GRAMS CHICKEN BREAST  
(APPROX. 22 X 100 GRAM  
CHICKEN FILLETS)

FARMED NATIVE OYSTERS  
– RAW

ENERGY 303 kJ DI* 3.5%	FAT 2.2g DI* 3.1%	SAT FAT 0.737g DI* 3.1%	SUGARS 0 g DI* 0%	SODIUM 493mg DI* 21.4%
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PER 100g SERVE

# FARMED NATIVE OYSTERS

Farmed Native 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 GOOD SOURCE OF SELENIUM

Selenium is an anti-oxidant which assists in maintaining thyroid health and the body's immune system.

## A GOOD SOURCE OF IODINE

Iodine is an essential mineral for the healthy functioning of the thyroid gland which regulates healthy body development, in particular the central nervous system.

At your next trip to the speciality seafood retailer or supermarket or at your next dining out experience, try some farmed Sydney Rock or Native Oysters. Your body will love the omega 3, selenium and iodine super hit!

## NUTRITION INFORMATION

FARMED NATIVE OYSTERS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	303kJ	3.5	303kJ
PROTEIN	10.8g	21.6	10.8g
FAT, TOTAL	2.2g	3.1	2.2g
saturated	0.737g	3.1	0.737g
trans	0.24g		0.24g
polyunsaturated	1.03g		1.03g
omega 3	0.680g		0.680g
alpha-linolenic acid	69mg	34.5	69mg
docosahexaenoic acid	205mg	683.3	205mg
eicosapentaenoic acid	279mg	930.0	279mg
monounsaturated	0.43g		0.43g
CARBOHYDRATE	2.28g	0.7	2.28g
sugars	0g	0	0g
SODIUM	493mg	21.4	493mg
PHOSPHOROUS	165mg	16.5	155mg
IODINE	0.165mg	168.7	0.165mg
SELENIUM	0.054mg	77.1	0.054mg
IRON	3.4mg	28.3	3.4mg
MAGNESIUM	75mg	23.4	75mg
CALCIUM	188mg	23.5	188mg
ZINC	11.6mg	96.7	11.6mg

\*Percentage daily intakes are based on an average adult diet of 8,700kJ.  
Your daily intakes may be higher or lower depending on your energy needs.