



Farmed Atlantic Salmon has naturally high levels of many nutrients which contribute to a healthy lifestyle.

**GOOD SOURCE – OMEGA 3 (EPA+DHA)**

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 SELENIUM**

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

**A SOURCE OF PHOSPHOROUS**

Phosphorous (phosphate) helps to protect the blood's acid/base balance and transports energy.