

FISH NUTRITION FACTS

Farmed Black Tiger Prawns 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 COPPER

Copper helps the body make red blood cells and keeps nerve cells and the immune system healthy.

A SOURCE OF SELENIUM

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