



## FISH NUTRITION FACTS

Farmed Ocean Trout has naturally high levels of many nutrients which contribute to a healthy lifestyle.

**A GOOD SOURCE OF OMEGA 3**

Omega 3 fatty acids 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 PHOSPHOROUS**

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