



FISH NUTRITION FACTS

Farmed Yellowtail Kingfish has 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 VITAMIN E

Vitamin E is an anti-oxidant found in oils from fish and in vegetables. Anti-oxidants are associated with resistance to diseases such as cancer and coronary heart disease.

A GOOD SOURCE OF SELENIUM

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