

FISH NUTRITION FACTS

Wild Australian Sardines have 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 GOOD SOURCE OF CALCIUM

Calcium is required for normal development and maintenance of the bones as well as the proper functioning of neuromuscular and cardiac function.

A GOOD SOURCE OF IODINE

Iodine is an integral part of the thyroid hormone and helps normal growth and metabolism.