

## FISH NUTRITION FACTS

Wild Abalone has naturally high levels of many nutrients which contribute to a healthy lifestyle.

### A SOURCE OF VITAMIN E

Vitamin E acts as an antioxidant, protecting the membrane of polyunsaturated fatty acids from free radical damage.

### A GOOD SOURCE OF IODINE

Iodine is an essential mineral for the healthy functioning of the thyroid gland which regulates healthy body development, in particular the central nervous system.

### A SOURCE OF MAGNESIUM

Magnesium helps maintain normal muscle and nerve function and supports a healthy immune system.