

## FISH NUTRITION FACTS

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

### 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 MOLYBDENUM

Molybdenum is an element that is present in very small amounts in the body and assists in the development of the nervous system, waste processing in the kidneys and energy production in cells.