

## FISH NUTRITION FACTS

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

### A GOOD SOURCE OF OMEGA 3

Omega 3 (specifically EPA+DHA) contains 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 PHOSPHOROUS

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

### A 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.