



# FISH NUTRITION FACTS

Wild Western King Prawns have 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 SELENIUM

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

## A GOOD SOURCE OF PHOSPHOROUS

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