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Farmed Sydney Rock Oysters have naturally high levels of many nutrients which contribute to a healthy lifestyle.

They are a good source of Omega 3, Iodine & Selenium.

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 some cancers.

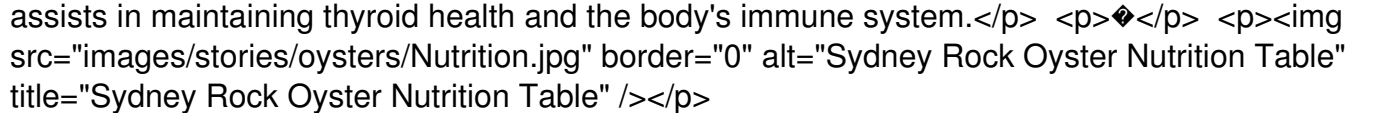
IODINE

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

SELENIUM

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

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A nutrition table for Sydney Rock Oysters, which is not visible in the provided image. The table likely lists various nutrients and their amounts per serving.