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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.

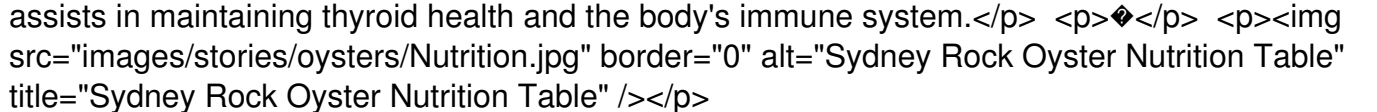
**IODINE**

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, likely showing nutrient density and health benefits.