

Salmon's Health Benefits

NUTRITION FACTS



- High quality **PROTEIN**
- **VITAMINS:** Niacin, thiamin, B6, B12, and D
- **MINERALS:** Calcium, iron, magnesium, potassium, phosphorus, selenium, and zinc
- **OMEGA-3** fatty acids

HELPS IMPROVE
memory and brain function

AIDS IN MAINTAINING
insulin levels in the body

LOWERS THE RISK
of cardiovascular disease
and cancers of the colon,
kidney and prostate gland

HELPS PREVENT
macular degeneration
and vision loss

LOWERS INFLAMMATION
which can be beneficial for arthritis