

SUPER★FOOD

FEEDS BODY, MIND & SOUL



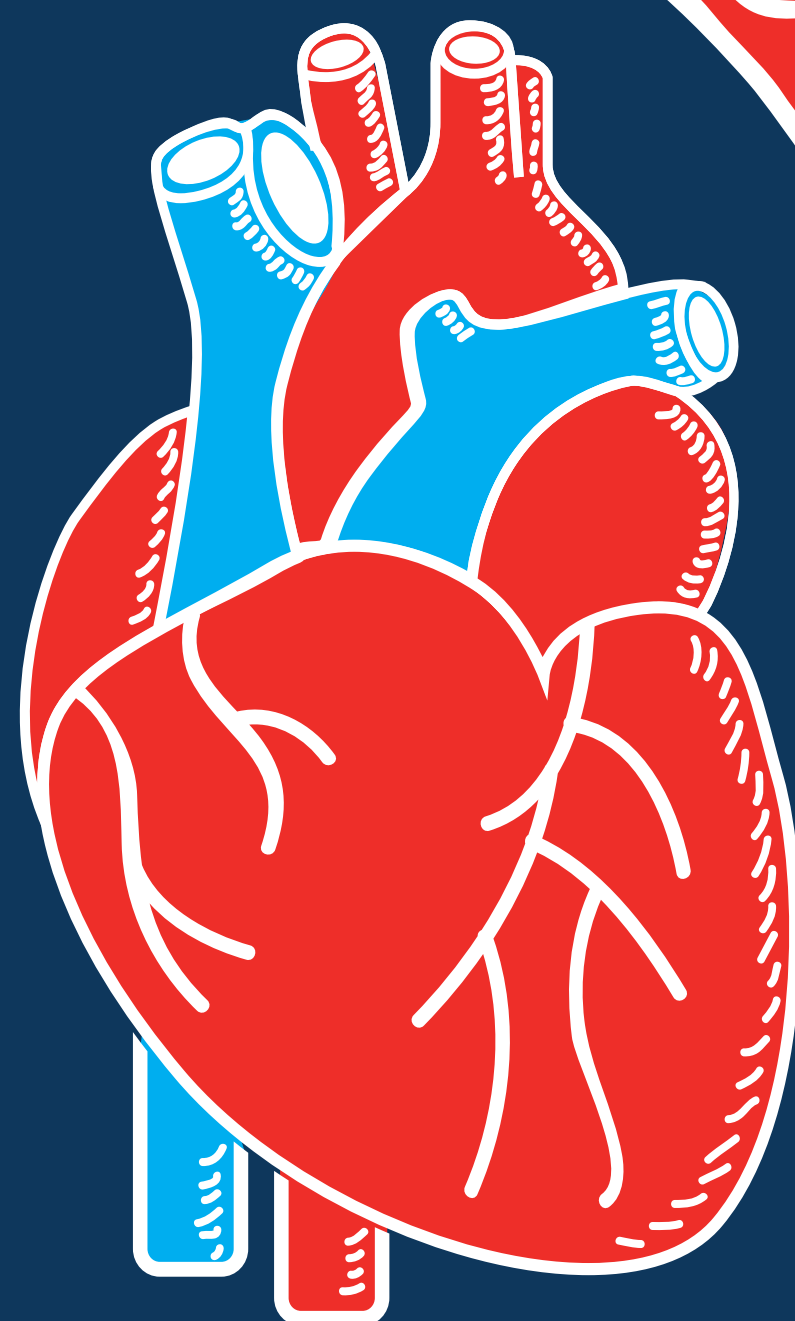
Mind

Omega-3 Fatty Acids in Lucky Star canned fish are important for the development of the brain and nervous system. They are excellent for improved concentration, focus and memory retention for peak academic performance.



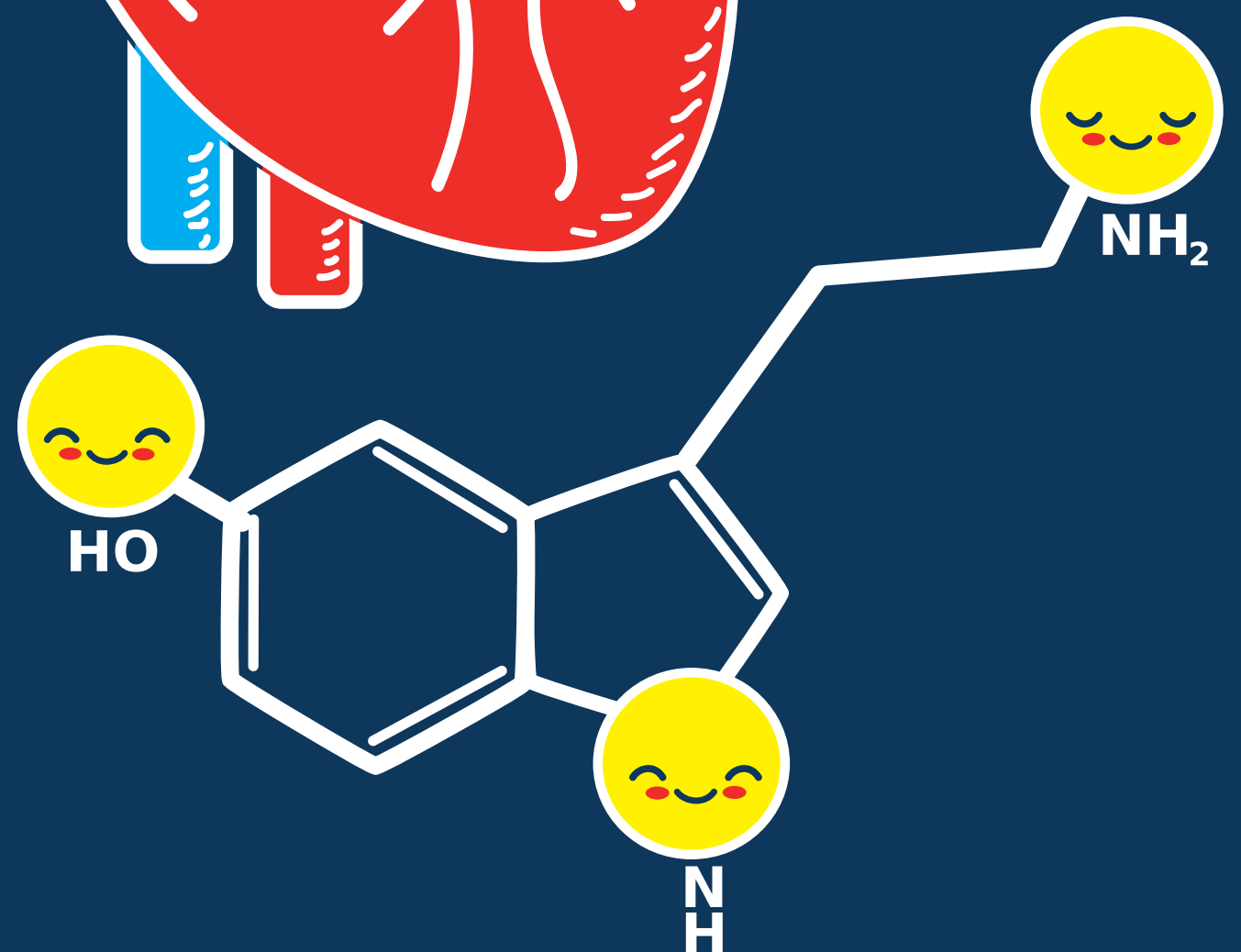
Body

The polyunsaturated fats in Lucky Star canned fish include high levels of Omega-3 Fatty Acids. This helps control cholesterol levels and reduce the rate of heart disease. Canned fish is also rich in protein and calcium which build strong bones and aid muscle recovery.



Soul

Omega-3 Fatty Acids in Lucky Star canned fish help balance emotions and can reduce stress by increasing Serotonin levels in the body.



Lucky Star canned Pilchards provide all of the Omega-3 Fatty Acids that our bodies need. Eating fish twice a week will help your body stay healthy.



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Pick n Pay
School Club

