

SUPER★FOOD

FEEDS BODY, MIND & SOUL



Lucky Star canned Pilchards provide all of the Omega-3 Fatty Acids that our bodies need. Eating fish two to three times a week feeds your body, is good for your mind and makes you happy.

Brain

Omega-3 Fatty Acids are important for the development of the brain and nervous system. Including concentration and improving memory retention.

Emotions

Omega-3 Fatty Acids help balance emotions and increase happy hormones which can reduce stress.

Bones

Calcium is stored in the bones of fish. The small bones found in Lucky Star canned fish have been softened by the canning process, making them safe to eat. Calcium is a mineral that builds strong bones and teeth.

The Heart

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.

Skin

Omega-3 Fatty Acids are a powerful anti-inflammatory. The fat cells protect the skin against the sun, reduce acne and other skin conditions.

Blood

Omega-3 Fatty Acids act as a blood cleanser, making the blood more fluid and allowing more oxygen to the brain.



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