

# SUPER★FOOD

FEEDS BODY, MIND & SOUL

## BE A LUCKY STAR #SUPERPOWER

A can of Lucky Star Pilchards, Tuna, Sardines and Mackerel packs a powerful punch of Omega-3 Fatty Acids that keeps you...

### #SUPERSTRONG

The Omega-3 Fatty Acids found in canned fish help our bodies to build strong muscles and to reduce stiffness and joint pains!



### #SUPERFIT

The heart is the most important muscle in our body. Lucky Star's canned fish is approved by the South African Heart and Stroke Foundation because it is rich in Omega-3 Fatty Acids that help to keep our hearts healthy!



### #SUPERHAPPY

Omega-3 Fatty Acids found in Lucky Star canned fish help steady our moods, reduce stress and help keep us happy!

### #SUPERSMART

A daily dose of Omega-3 Fatty Acids is important for our brains to concentrate, remember and focus!



APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN

Pick n Pay  
School Club

