

Oyster



HEALTH BENEFITS OF CULTURED OYSTERS

NEW RESEARCH REVEALS NUTRITIONAL INSIGHTS



1 Smart Source of Protein:

- Oysters contain 4.4 grams per 3-ounce raw serving

2 Brimming with Bioactives:

- Oysters contain natural compounds that boost health in multiple ways
 - Strengthen immune function
 - Reduced inflammation
 - Aide digestion
 - Protect cells from oxidative stress

3 Healthy Fat Profile:

- Oysters provide twice the targeted range of omega-3 fatty acids that support brain, heart, & overall health

4 Major Minerals in Small Bites:

- Oysters are high in zinc (165% Daily Value), iron (more than spinach), iodine, & copper
- Provide essential minerals for immunity, energy, & thyroid health

5 B Vitamins in Abundance:

- Oysters are high in B12 (over 1200% Daily Value) and other B vitamins, including niacin, riboflavin, thiamin, & folic acid
- Support energy metabolism, immune health, & nervous systems

6 Safety Improvements:

- Recent testing and data analysis reveal positive findings on oyster safety

