



Health Benefits of Omega-3 Fatty Acids
NORTHERN ONTARIO AQUACULTURE ASSOCIATION

Scientific studies show that Omega-3 Fatty Acids improve many health concerns. Ontario farm-raised rainbow trout are an excellent source of Omega-3 Fatty Acids.

e	r	u	s	s	e	r	p	d	o	o	l	b	v
u	t	t	i	d	o	i	e	r	e	i	f	r	c
t	e	s	t	i	r	a	i	n	b	o	w	a	t
s	a	e	i	c	k	t	e	k	r	t	a	i	
a	l	t	r	a	p	t	k	r	u	e	a	n	s
s	z	e	h	y	s	e	o	o	v	t	h	u	r
t	h	b	t	t	a	n	r	i	a	n	u	r	a
h	e	a	r	t	a	t	t	a	c	k	a	b	t
m	i	i	a	a	d	i	s	o	r	d	e	r	c
a	m	d	f	f	n	o	i	t	c	n	u	f	s
e	e	a	t	g	f	n	r	s	e	s	d	m	t
r	r	n	o	i	s	i	v	f	t	h	a	t	t
m	s	c	s	e	i	s	i	b	r	r	e	w	a
s	t	h	e	a	l	t	h	d	t	m	o	s	e

alzheimers

arthritis

asthma

attention

benefit

blood pressure

brain

cognitive

diabetes

disorder

farm

fatty acids

fish

function

health

heart attack

rainbow

smart

stroke

trout

vision