



FISH COMPLEX

SUSTAINABLE WILD-CAUGHT WHITE FISH
FROM THE NORTH ATLANTIC OCEAN

All the benefits of fish and more



Fish Complex is a 100 % natural and nutritious blend of sustainable wild-caught Norwegian white fish; cod, saithe and haddock. It is a unique product full of active marine ingredients.



- **For strong bones**
 - Rich in Calcium and Phosphorus
- **Good for the immune system**
 - Rich in Iodine and Selenium, source of Vitamin B12

1 UNIQUE BIOACTIVE PEPTIDES WITH RAPID ABSORPTION AND UTILISATION

Fish Complex is a quality product offering complete protein with high bioavailability and bioactive peptides making it easily digestible with rapid absorption and utilization in the body. Bioactive peptides can promote positive health effects in addition to being a nutrient.

2 ESSENTIAL NUTRIENTS

Fish Complex contains vitamins, minerals, marine omega-3 fatty acids (EPA and DHA) and collagen. It also supplies natural Calcium and Phosphorus for bones and connective tissue, Selenium and Vitamin B12 for the immune system.

3 GENTLE PROCESSING METHOD

Fish Complex is processed gently by steaming white fish so that all the natural nutrients are preserved. Free from artificial additives and preservatives.



FISH COMPLEX

Nutrition Facts	10 g		
Energy kcal/kJ	30/127	Carbohydrate	0 g
Fat	0.4 g	Salt	0.12 g
Saturated Fat	0 g	Sodium	0.08 g
Monounsaturated Fat	0.12 g	Protein	6.6 g
Polyunsaturated Fat	0.17 g	Calcium	704 mg
Omega-6	30 mg	Phosphorus	392 mg
Omega-3	100 mg	Iodine	73 µg
EPA	29 mg	Selenium	15 µg
DHA	63 mg	Vitamin B12	1 µg

CALCIUM

Calcium is the most abundant mineral in our bones and must be supplied through diet. Calcium is needed to transmit signals in the body as both muscles and nerves are dependent on the mineral to function normally. Fish Complex is an excellent source of Calcium for those not consuming dairy products.

IODINE

Iodine is an essential mineral for thyroid hormones. These hormones are important for metabolism and vital for child growth and development. The amount of Iodine in lean fish such as cod, saithe and haddock is almost double of that of fatty fish.

PHOSPHORUS

Most of the phosphorus in our body is bound to calcium in bones and is important for strong bones and teeth. Phosphorus is also necessary for many biochemical processes and energy metabolism.

SEAGARDEN PRODUCT LIST

THE PRODUCTS ARE AVAILABLE IN BULK OR IN VARIOUS PACKAGING: JARS, SACHETS OR CAPSULES



MSC-C-54477



600016	Fish complex Powder, 250 g
600017	Fish complex Capsules, 250 pieces

RECOMMENDED DAILY INTAKE:

6-10 capsules or 1 tablespoon (10 g).
Mix powder with 200-300 ml of juice, water or smoothie.

Mix well. For a milder taste, mix with any milk-based product. Add Fish Complex to fish soup, sauces or casseroles.

FOR MORE INFORMATION,
PLEASE CONTACT:



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