

A fish for thought!

FISH - the best meat for human consumption



Fish is heart food

Thanks for its cardiovascular **protective effect** of Omega-3 fatty acids



Fish is brain food

Thanks for its essential fatty acid **DHA**

Fish is convalescing food

Thanks for the **rich nutrients** especially proteins, vitamins and minerals



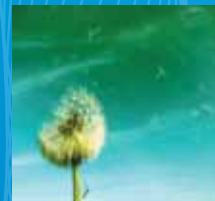
Fish is kids and elders food

Thanks for its major content of **easily digestible** myofibrillar protein



Fish is for growth and health maintenance

Thanks for its **essential** amino acids & fatty acids



Fish is for easy breathing

Thanks for the **anti asthmatic** effects of Omega-3 fatty acids

Fish is students food

Thanks for the Omega-3 fatty acids, improving **learning efficiency** and mental health



Fish is for lustrous skin

Thanks for the **anti ageing** effects of polyunsaturated fatty acids and squalene

Fish is for enjoyment!
Enjoy the varied & quality fishery products of **Sagar** brand from NIFPHATT

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