

# Salmon

FARMACY

USA SALMON WITH TWICE THE OMEGA-3s

**SUPERIOR**  
*Fresh*

USA RAISED ATLANTIC SALMON

SUPERIORFRESH.COM  
@superiorfreshfarm

PROUDLY CERTIFIED BY



BETTER DIET. BETTER HEALTH.

Salmon  
FARMACY

MEGA  
Omegas

ONE 3.5oz  
SERVING OF  
SUPERIOR FRESH  
SALMON HAS  
**2,140** MG  
EPA + DHA  
OMEGA-3 FATS

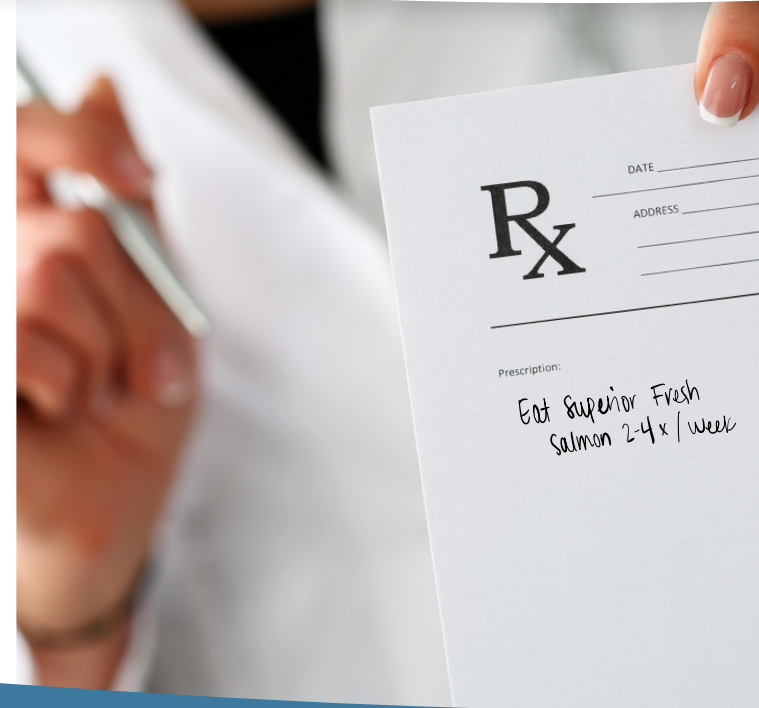
SUPERIOR FRESH IS **NOT THE SAME** AS OTHER SALMON

- ♥ Raised on an organic diet of sustainable ingredients and natural marine antioxidants
- ♥ No fillers
- ♥ No soy or GMOs
- ♥ Not imported (>85% of seafood is imported from other countries)



DID  
you  
KNOW?

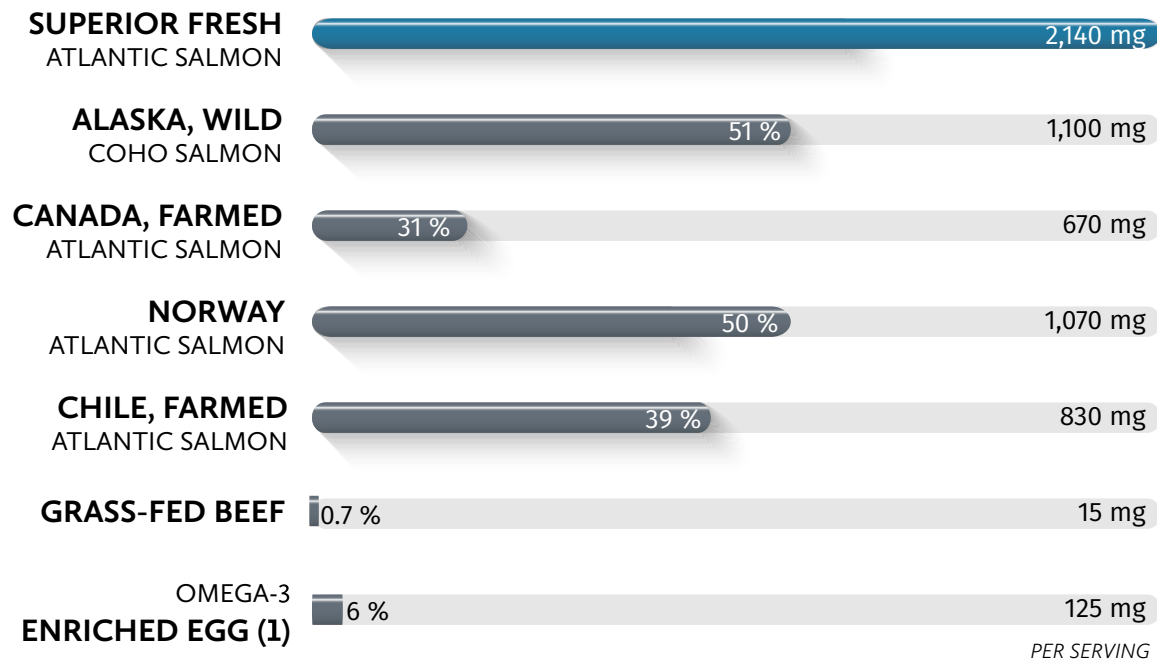
The amount of Omega-3s in salmon is *directly* related to the quality of their diet. Superior Fresh uses the highest quality fish feed, producing the highest levels of Omega-3s.



Make the *Smart*  
Choice for Your Health

- ♥ Most Americans are not getting enough Omega-3 fats
- ♥ Salmon is a natural source of *essential* Omega-3 fats (EPA + DHA) that our body cannot make
- ♥ Dietary supplements (Omega-3s) do not show the same health benefits as eating seafood
- ♥ Seafood provides other important nutrients - Vitamin D + B12 + Selenium

PROTEIN COMPARISON CHART BY OMEGA-3 CONTENT<sup>1</sup>  
(EPA + DHA)



OMEGA-3 FAT RECOMMENDATIONS FOR HEALTH CONDITIONS

- EVERYDAY HEALTH & WELLBEING → 500 MG/DAY<sup>2</sup>
- HEART DISEASE → 1,000 MG/DAY<sup>3</sup>
- VISION HEALTH (Macular Degeneration, Dry Eye) → 1,000 MG/DAY<sup>4</sup>
- MENTAL HEALTH (Anxiety, Depression) → 1,000-2,000 MG/DAY<sup>5</sup>
- PREGNANCY (Fetal Brain Development) → 300 MG/DAY<sup>6</sup> (200MG OF DHA)

DID  
you  
KNOW?

Eating seafood 2 or more times per week is recommended for better health.



Just 2 meals of Superior Fresh salmon provides over 4,000mg and easily provides a weeks worth of the recommended EPA + DHA.



For better health, replace at least one meal of beef or pork weekly with Superior Fresh salmon.

Superior Fresh Salmon is a *sustainable* protein choice.



# The best salmon on the planet.

The best salmon *for* the planet, too!

Superior Fresh is a model of regenerative farming using an innovative aquaponics system that conserves natural resources while producing fresh protein + leafy greens to feed the planet. We are the largest aquaponics facility in the USA, based proudly in Wisconsin.



TWICE THE  
OMEGA - 3s



ORGANIC  
DIET



LOCAL



OCEAN  
RELIEF

## TOP 10 REASONS TO CHOOSE SUPERIOR FRESH SALMON

1. Higher Omega-3 fat content than other salmon
2. Sustainably sourced, organic diet with natural marine antioxidants
3. Raised in a safe, clean, environment, eliminating the need for antibiotics
4. Unmatched freshness & traceability, raised in the USA
5. Not exposed to ocean pollutants including heavy metals, PCB's and microplastics
6. No sea lice exposure eliminating the need for pesticides (neurotoxins)
7. Our fish waste and fish feed do not pollute the ocean or disrupt fragile ocean ecosystems
8. Our fish pose no threat to wild species or native fish
9. Eating salmon provides more nutrition as compared to taking an omega-3 dietary supplement
10. Superior Fresh salmon are healthy & delicious

<sup>1</sup> Comparative salmon collected by Superior Fresh and tested by 3rd party laboratories.

<sup>2</sup> A Dietary Reference Intake (DRI) *has not been established yet* by the National Academy of Medicine.

<sup>3</sup> American Heart Association

<sup>4</sup> American Optometric Association

<sup>5</sup> American Psychiatric Association

<sup>6</sup> American College of Obstetricians, and Gynecologists