Lake Superior is the greatest of the Great Lakes and supplies your table with delectable and heart healthy (omega-3 oil) fish from its cold clear waters.

**Omega 3 oils in Lake Superior Fish:**

- The primary benefit of N-3 fish oil is the reduction of platelet activity (blood clotting) and plaque formation which in turn can prevent heart attacks.”

- Many Lake Superior fish species (i.e. siscowet trout, lake trout, whitefish, herring, and chubs) provide significant sources of N-3 fish oil.

- The omega-3 content of Lake Superior fish are higher than chinook salmon, which is one of the best saltwater sources of omega 3.

*Fish Oil and Your Health and Omega-3 Fatty Acid Content of Lake Superior Fish*, Dr. Paul B. Addis

For more information see [www.lakesuperiorwhitefish.com](http://www.lakesuperiorwhitefish.com)