



HEART OF THE OCEAN™



CONTAINS EPA & DHA OMEGA-3S

SIMPLY GOOD SEAFOOD



Excellent Source of Omega-3s!

At American Pride Seafoods we bring our customers
“Simply Good Seafood”

Your seafood should offer you all of the health benefits you desire without sacrificing any of the taste or quality you deserve. American Pride Seafoods’ Heart of the Ocean™ products not only deliver better tasting seafood, they contain all three Omega-3 essential fatty acids.

Heart of the Ocean™ products provide ALA, EPA and DHA! Most new Omega-3 products only contain ALA from flax seed or oil. Our complete Omega-3 package from fish



**4 oz. Seasoned Panko
Tilapia Fillet**

oils perform several special functions for the mind and body. Scientific research suggests that the consumption of these essential fatty acids promotes heart health, brain development and function, and visual acuity. Not only are Heart of the Ocean™ products good for you, they taste great and are available in a variety of flavors, species and sizes!

Try Heart of the Ocean™ today for a healthy tomorrow.

Benefits of Consuming Omega-3 from Fish Oil

Brain and Visual Health

- Brain and visual development during pregnancy and early infancy
- Reduces production of harmful proteins associated with Alzheimer’s disease
- Helps brain cells communicate
- Protects against age-related macular degeneration

Heart Health

- Maintain normal heart rhythms
- Reduce the chance of stroke
- Lower chance of having a first heart attack
- Lower blood pressure

Source: ASMI, Joyce A. Nettleton, DSc, ScienceVoice Consulting, Denver, CO. August 2009

Heart of the Ocean™ Features

- Delivers at least 850mg ALA and, on average, 150mg EPA & DHA per serving. Most new Omega-3 products only contain ALA
- Gives people the fish they love with all the health benefits of a more costly fish species like salmon
- Omega-3 in both the fish and coating to boost content
- The Omega-3 is a flavorless and odorless addition!

Item Code	Portion Size	Description	Shape	Cook Method	Pack Size	Approx. Pcs Per Case	Case Cube	Net Wt.
HEART OF THE OCEAN™								
23110 *	1 oz.	Precooked Breaded Alaska Pollock	Stick	OR	1/10#	160	0.55	10#
23314 *	3 oz.	Precooked Breaded Alaska Pollock	Wedge	OR	1/10#	53	0.55	10#
23392	3 oz.	Zesty Lemon Alaska Pollock	Center Cut	OR	1/10#	53	0.55	10#
23366 *	3.6 oz.	Precooked Breaded Alaska Pollock	Rectangle	OR	1/10#	44	0.55	10#
59478	4 oz.	Seasoned Panko Breaded Tilapia	Fillet	OR	1/10#	40	0.55	10#

* Approved by the USDA as Child Nutrition (CN) Labeled Items



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