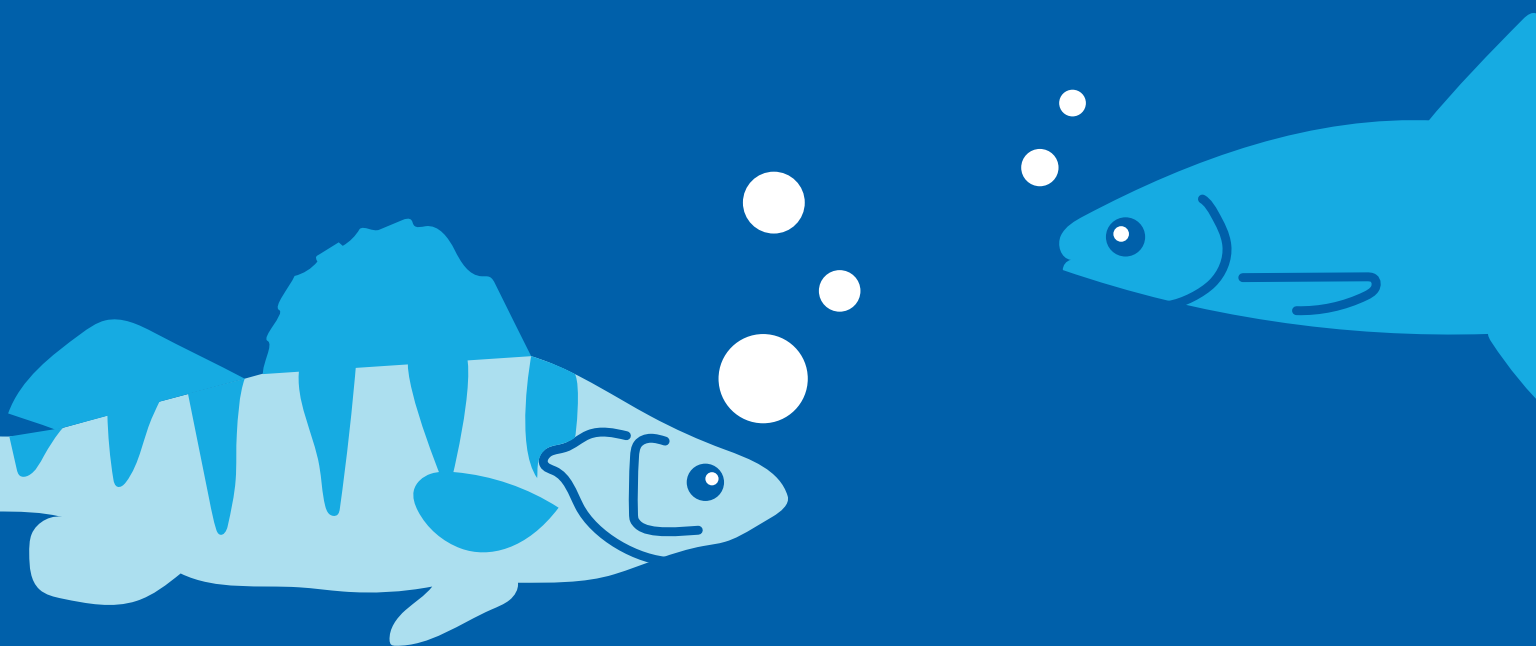




# Why Mich Fish?

Learn 5 ways fish can improve your health!



3



## BRAIN HEALTH

Boosts brain health, increases IQ, and lowers the risk of ADHD

2



## BETTER SLEEP

Fish is a source of vitamin D, which can improve sleep

4



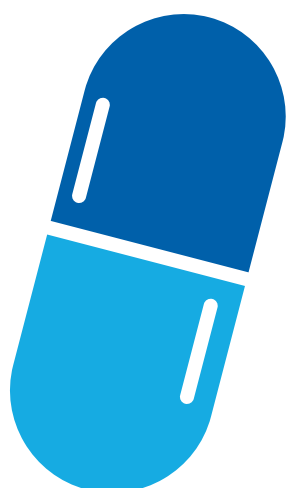
## STAY HEALTHY

Supports immune systems and fights inflammation

5

## VITAMINS + MINERALS

Natural source of vitamins and minerals, including vitamins A/B/D, magnesium, EPA+DHA, and omega-3s



## LEARN MORE

Scan the QR code to learn more about Mi Fresh Fish!

