



ENERGY PACKED NUTRITION

Brisling Sardines

SUSTAINABLY WILD CAUGHT FROM CRYSTAL CLEAR ICY FJORDS OF THE NORTHERN AND BALTIC SEAS

HAND SELECTED PREMIUM

CONVENIENT ON-THE-GO MEAL

RICH IN PROTEIN AND HEART HEALTHY OMEGA 3S

HIGH IN CALCIUM, VITAMINS D, B3, B12 & ANTIOXIDANTS

NO PRESERVATIVES OR ARTIFICIAL FLAVORS

Active Nutrition for Active People

**ACTIVE™
NUTRITION**

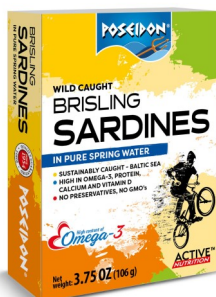
Natural Unprocessed Protein

An active lifestyle deserves take-along food that packs a nutritional punch.

Poseidon Brisling sardines are naturally nourishing with energizing mind and body nutrients.

Turn your salad, toast, and more into a superfood with protein and vitamin rich sardines

Spring Water



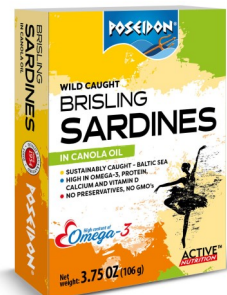
Mustard



Spicy Marinara



Canola Oil



Premium quality Brisling Sardines available under our Poseidon brand or your private label

Losos USA Chicago, Illinois 60609 800-967-3807 www.LososUSA.com

BRISLING SARDINES

IN CANOLA OIL



No Preservatives

*Not your Grandpa's canned fish!
Active nutrition for active people.
Wake up your rice, salads or any meal,
or carry it in your gym bag and eat it on the run.
An easy way to get a daily dose of protein,
vitamins and omega-3.*

Nutrition Facts

Serving Size 1 can (106 g)

**Calories
per serving 260**

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 23g	29%	Total Carb. 0g	0%
Saturated Fat 3g	15%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 95mg	32%	Protein 13g	26%
Sodium 360mg	16%		
Vitamin D 44% • Calcium 20% • Iron 7% • Potassium 2%			

*The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: brisling sardines, canola oil, salt, smoke flavor. **Contains fish (sardines).**
Best before: end date and batch no. printed on the bottom of the can.

Average value 3074mg of Omega-3 fatty acid per serving.



IMPORTED BY:
LOSOS USA, CHICAGO, IL 60609
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NET WT 3.75 OZ (106 g)

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BRISLING SARDINES

IN SPICY MARINARA SAUCE



No Preservatives

*Not your Grandpa's canned fish!
Active nutrition for active people.
Wake up your rice, salads or any meal,
or carry it in your gym bag and eat it on the run.
An easy way to get a daily dose of protein,
vitamins and omega-3.*

Nutrition Facts

Serving Size 1 can (106 g)

**Calories
per serving 130**

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 7g	9%	Total Carb. 5g	2%
Saturated Fat 2g	10%	Dietary Fiber 1g	4%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 130mg	43%	Protein 12g	24%
Sodium 460mg	20%		
Vitamin D 44% • Calcium 20% • Iron 9% • Potassium 5%			

*The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: brisling sardines, spicy marinara sauce (water, tomato puree, sugar, salt, modified corn starch, garlic, black pepper, basil, oregano, ground chili, natural paprika aroma). **Contains fish (sardines).**
Best before: end date and batch no. printed on the bottom of the can.

Average value 1696mg of Omega-3 fatty acid per serving.



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NET WT 3.75 OZ (106 g)

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Brisling Sardines	Case UPC Code	S. Life	#/Display	Dis/ Pallet	G. Weight	Case Dimensions
Canola Oil	590106900435	36 months	14	400	1742 lbs.	13.3"x 3.2"x 4.5"
Spicy Marinara	590106900437					
Mustard Sauce	590106900438					
Spring Water	590106900436					

BRISLING SARDINES

IN MUSTARD SAUCE



No Preservatives

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An easy way to get a daily dose of protein,
vitamins and omega-3.*

Nutrition Facts

Serving Size 1 can (106 g)

**Calories
per serving 170**

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 12g	15%	Total Carb. 4g	2%
Saturated Fat 2g	10%	Dietary Fiber <1g	0%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 70mg	23%	Protein 12g	24%
Sodium 490mg	21%		
Vitamin D 45% • Calcium 20% • Iron 8% • Potassium 3%			

*The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: brisling sardines, mustard sauce (mustard, water, canola oil, vinegar, salt, modified corn starch, turmeric). **Contains fish (sardines).**
Best before: end date and batch no. printed on the bottom of the can.

Average value 2014mg of Omega-3 fatty acid per serving.



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NET WT 3.75 OZ (106 g)

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BRISLING SARDINES

IN PURE SPRING WATER



No Preservatives

*Not your Grandpa's canned fish!
Active nutrition for active people.
Wake up your rice, salads or any meal,
or carry it in your gym bag and eat it on the run.
An easy way to get a daily dose of protein,
vitamins and omega-3.*

Nutrition Facts

Serving Size 1 can (106 g)

**Calories
per serving 130**

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 8g	10%	Total Carb. 0g	0%
Saturated Fat 2.5g	13%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 160mg	53%	Protein 13g	26%
Sodium 330mg	14%		
Vitamin D 43% • Calcium 20% • Iron 7% • Potassium 2%			

*The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: brisling sardines, water, salt, smoke flavor. **Contains fish (sardines).**
Best before: end date and batch no. printed on the bottom of the can.

Average value 1908mg of Omega-3 fatty acid per serving.



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NET WT 3.75 OZ (106 g)

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