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Turkey Hill Frozen Yogurt with MEG-3® Omega-3

Good for your heart AND your brain!

DARTMOUTH, NS (Ocean Nutrition Canada) – Ocean Nutrition Canada Limited (ONC), supplier of MEG-3® brand Omega-3 EPA/DHA food and dietary supplement ingredients, is pleased to announce that Turkey Hill Dairy has introduced a great tasting, limited edition, *Pomblueberry Chocolate Truffle Frozen Yogurt* containing MEG-3® ingredients.

Each half cup serving of the new product contains 32 mg of Omega-3 EPA and DHA, as well as a healthy portion of live and active cultures, calcium and vitamin D. Frozen desert fanatics will love this delicious new flavor of pomegranate blueberry with chocolate fudge truffles, while also benefiting from the nutritious advantages of the two most beneficial Omega 3's.

More than 14,000 studies have shown that Omega-3 EPA/DHA is important for overall good health, and for normal growth and development. The American Heart Association recommends consumption of a minimum of 500mg each of EPA and DHA per day. Fish oil is the best source of EPA and DHA. As a result, demand for fish oil has increased in the United States 30% annually over the last 5 years. With Americans averaging only 100mg per day there is a clear dietary deficiency of Omega-3 EPA and DHA in their diet. Including MEG-3® ingredients in products like Turkey Hill Frozen Yogurt helps consumers address this nutritional deficiency.

Turkey Hill is a family owned dairy in eastern United States which manufactures and distributes milk, ice cream, frozen yogurt, frozen desserts, ice tea and fruit drinks. The native Pennsylvania company has been loved and enjoyed by dairy consumers of eastern and mid-United States for more than 75 years. Turkey Hill *Pomblueberry Chocolate Truffle Frozen Yogurt* with Meg-3® is available in major grocery stores in the north eastern United States.

Tom Wright, Vice President of Marketing with Turkey Hill states, “Turkey Hill believes in providing a superior product to enhance the health of its consumers. This is why we have added Meg-3® to our frozen yogurt; it offers the best source of Omega-3 for both your heart *and* your brain.”

Jon Getzinger, Chief Sales and Marketing Officer with ONC said, “It’s exciting to see Turkey Hill take their quality product line to the next level through the addition of our Omega-3 ingredient. Meg-3® is an excellent source of both of the crucial Omega-3’s (EPA &DHA) needed to support good health, growth and development in everyone.”

About Omega-3:

Omega-3 is a family of essential fatty acids (EFA), including EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha-linolenic acid). Oily fish (such as sardines, anchovies, mackerel, and salmon) are the major known natural sources of Omega-3 EPA/DHA. ALA is found in plants, such as flax and chia. It is important to note that EPA and DHA are the primary contributors of the many health benefits associated with Omega-3. While the body can convert ALA into EPA/DHA, it does so very inefficiently (typically less than one percent), making it difficult to derive Omega-3-related health benefits from plant sourced ALA. Furthermore, although Omega-3 EPA/DHA is important to overall good health, the human body is not able to produce it on its own, so supplementation is required, either by eating oily fish or foods fortified with Omega-3 EPA/DHA, or by taking fish oil supplements. Learn more about the health benefits of Omega-3 EPA/DHA at www.meg-3.com.

About Ocean Nutrition Canada Limited (ONC):

Ocean Nutrition Canada is a privately held company, whose major shareholder is Clearwater Fine Foods Incorporated. Clearwater Fine Foods Incorporated is a diversified holding/investment company whose significant holdings include a controlling interest in Clearwater Seafood's Limited Partnership, the world's largest integrated shellfish harvester and processor.

ONC is a global leading supplier of Omega-3 EPA and DHA ingredients from fish oil, marketed into the Dietary Supplement and Healthy Food markets. To date MEG-3® ingredients have been included in over 40 billion servings of food and supplement products worldwide. For more information on the health benefits of MEG-3® ingredients please visit www.meg-3.com.

About Turkey Hill:

Turkey Hill's roots are in a special part of the world called Lancaster County, Pennsylvania, but its appeal is universal and its popularity is spreading.

Food is an important part of our life here, and it's always been that way. The Pennsylvania Dutch are famous for home cooking with homegrown ingredients. You can count on Lancaster County meals to be hearty and wholesome, made from scratch, and served with pride. Some people say we save the best for last, with our freshly baked cakes, pies, and cookies - and, of course, any one of the rich, creamy frozen desserts fresh from Turkey Hill Dairy. For more information on Turkey Hill visit www.turkeyhill.com.

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