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Jigsaw Health Co-Brands With MEG-3®

Nutrition Bars As A Healthy Alternative To Candy Bars

Ocean Nutrition Canada Limited (ONC), supplier of MEG-3® brand Omega-3 EPA/DHA food and dietary supplement ingredients, is pleased to announce that Jigsaw Health has launched two nutrition bars containing the MEG-3® healthy food ingredient. The nutrition bars, *Jigsaw Bar – A Healthy Snack*, are co-branded with MEG-3® and are available for purchase on Jigsaw Health's website, www.jigsawhealth.com.

The Jigsaw Bars are available in two flavors, chocolate and coconut almond. Each bar contains 50 mg of EPA/DHA, from fish oil, and they are the only bars that contain Omega-3 and glyconutrients. These nutrition bars are also gluten free, casein free, and trans fat free.

DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid) are Omega-3s important for good health and normal growth and development. Many studies have shown that DHA plays an essential role in the normal development of the brain, eyes, and nerves while EPA improves joint mobility. Together, EPA and DHA aid in the maintenance of cardiovascular function.

Pat Sullivan, Co-founder and CEO of Jigsaw Health, said, "Our goal was to create a great tasting, healthy snack and the MEG-3® healthy food ingredient helped us achieve that. We decided to use the MEG-3® ingredient because of the scientific support for EPA/DHA from fish oil as well as the ingredient's ease of use. This ingredient allowed us to provide our customers with the best source of Omega-3, while maintaining the great taste of our nutrition bar."

Ian Lucas, Executive Vice President of Global Sales & Marketing, said, "The wonderful thing about the Jigsaw Bars is that they are individually packaged so people can take

them wherever they go, whether it is work, the gym, or school, and they conveniently contribute to their daily intake of Omega-3.”

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 in the business of discovering, manufacturing, and marketing marine based ingredients that improve human health. Ocean Nutrition Canada has a broad customer base, which includes multi-national companies in both the dietary supplement and the food categories. In 2006, the MEG-3® EPA/DHA ingredient was in 8 billion supplement servings and 2 billion food servings worldwide. For more information on the health benefits of MEG-3® ingredients please visit www.meg-3.com

About Jigsaw Health

For people suffering from chronic conditions, Jigsaw Health is the leading provider of credible health information and quality nutritional supplements. Founded in 2003 by Pat Sullivan - founder of ACT! Software and SalesLogix - Jigsaw Health researches and administers clear, concise and compelling information on every chronic condition and produces science-based alternative and conventional treatments. Learn more and download a free copy of *Wellness Piece by Piece* - a book chronicling Sullivan's own 30-year struggle with chronic health conditions - at www.jigsawhealth.com.

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