

What is a whole food?

Whole foods are edible substances which are as close to their “whole” or natural state as possible. They have not been pre-processed in any way which would disturb their nutrition or flavor. They are therefore free of all processing additives or subtractions.

The idea of whole foods is to buy foods which are –

- as whole and in their most simple form as possible*
- in season from as close to the source as possible*
- as chemically and additive free as possible*
- in bulk and not pre-packaged*

Arctic Pure Omega-3 Complete
Whole foods make the difference...



...two capsules that pack a punch