

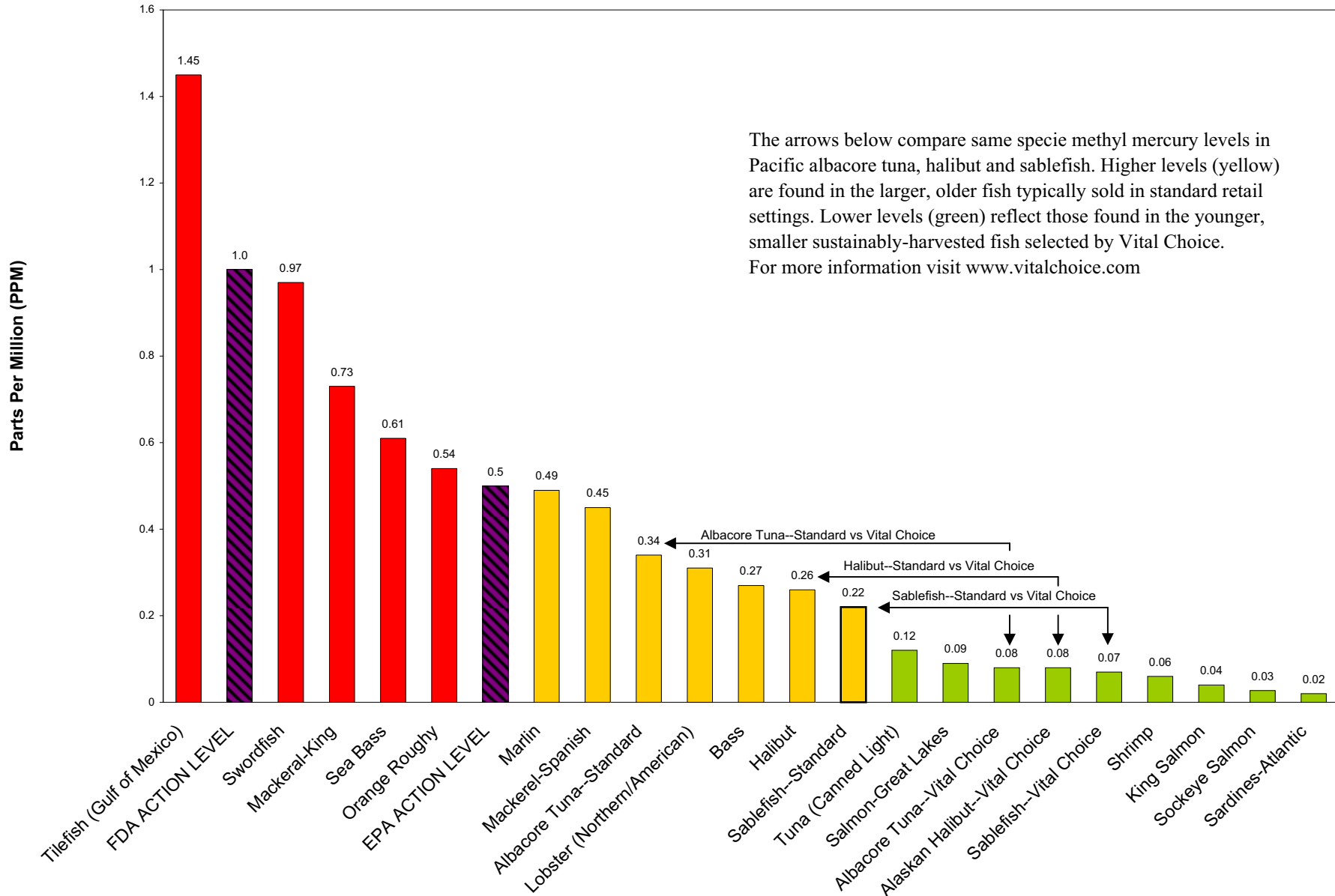
Average Methyl Mercury Levels in Common Seafood (PPM)

Source: US Department of Health and Human Services

<http://vm.cfsan.fda.gov/~frf/sea-mehg.html>

Alaska Department of Environmental Protection

http://www.state.ak.us/dec/eh/docs/vet/FMP_Results.pdf



The arrows below compare same specie methyl mercury levels in Pacific albacore tuna, halibut and sablefish. Higher levels (yellow) are found in the larger, older fish typically sold in standard retail settings. Lower levels (green) reflect those found in the younger, smaller sustainably-harvested fish selected by Vital Choice. For more information visit www.vitalchoice.com