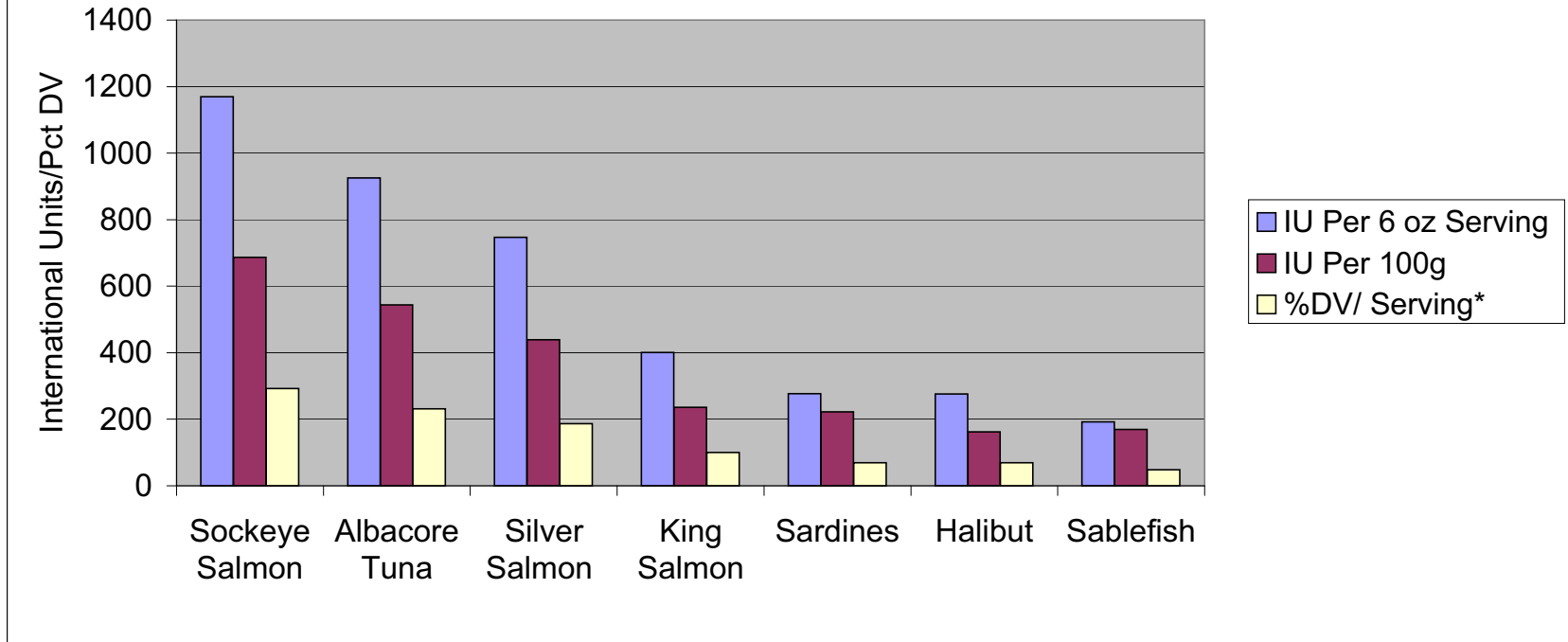


## Vitamin D Content of Vital Choice Fish

Analysis conducted 6/05 by Covance Laboratories, Inc.



Specie	IU Per 6 oz Serving	IU Per 100g	%DV/ Serving*	Serving Size	Product Form Tested
Sockeye Salmon	1170	687	292	6 oz	Skinless, boneless fillet
Albacore Tuna	925	544	231	6 oz	Skinless, boneless fillet
Silver Salmon	747	439	187	6 oz	Skinless, boneless fillet
King Salmon	401	236	100	6 oz	Skinless, boneless fillet
Sardines	277	222	69	4.4 oz	Skin-on, bone-in, canned in olive oil
Halibut	276	162	69	6 oz	Skinless, boneless fillet
Sablefish	192	169	48	4 oz	Skin-on, bone-in fillet