

Women's Health

LETTER

Vol IX • No. 6

June 2003

EcoFish is among the best quality seafood I've ever found. The fish are either caught wild in waters as clean as can be found, or grown in farms that allow the fish to eat their natural food, resulting in high levels of omega-3 fatty acids. These farms are not overcrowded or filled with diseased fish. And before any species is sold, a board of marine scientists must agree unanimously that it is either being farmed responsibly or abundant in the wild.

EcoFish sells albacore tuna, halibut from Alaska, wild Alaskan coho salmon, mahi mahi, calamari, scallops, and small shrimp. For information on where to find it, call the folks at EcoFish at 877-214-3474 or take a look at the website at www.ecofish.com.