

Pioneers of Natural



Sustainable Seafood

HIGHER  
OMEGA-3'S

LOWER  
MERCURY

# Canned Wild Salmon & Albacore Tuna



Just 100% premium grade natural fish and nothing else!

- ✓ All Natural
- ✓ Lean Protein

♥ Healthy  
Omega-3's

Maximize the Health  
Benefits of Seafood



- No Preservatives
- No Antibiotics
- No Chemicals
- No Hormones



# Canned Wild Salmon & Albacore Tuna

Our mission is to be your family's trusted source for the world's healthiest, safest and highest quality ocean friendly seafood...naturally. We guarantee you have never tasted canned seafood like ours. We use only the best part of the fillet, it is hand packed and cooked once in its own natural omega-3 rich oils. It's wildly delicious; we eat it straight from the can.

*Henry + Lisa*



## Canned Salmon

UPC # 812410000217

Nutrition Facts			
Serving Size 3 oz (85g) Servings Per Can 2			
Calories 81 Fat Cal. 18			
Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carbohydrate</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>	Sugars 0g	
<b>Cholesterol</b> 34mg	<b>11%</b>	<b>Protein</b> 16g	
<b>Sodium</b> 270mg	<b>11%</b>	<b>Omega 3s</b> 711mg	

Vitamin A \*\* • Vitamin C \*\* • Calcium \*\* • Iron 2%  
 \*Percent Daily Values are based on a 2,000 calorie diet.  
 \*\*Contains less than 2% of the Daily Value of these nutrients.

Ingredients: Pink Salmon fillet, salt and nothing else

## Canned Tuna

UPC # 812410000200

Nutrition Facts			
Serving Size 3 oz (85g) Servings Per Can 1.6			
Calories 150 Fat Cal. 68			
Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 8g	<b>11%</b>	<b>Total Carbohydrate</b> 0g	<b>0%</b>
Saturated Fat 2.5g	<b>12%</b>	Dietary Fiber 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>	Sugars 0g	
<b>Cholesterol</b> 30mg	<b>11%</b>	<b>Protein</b> 21g	
<b>Sodium</b> 113mg	<b>10%</b>	<b>Omega 3s</b> 2,800mg	

Vitamin A \*\* • Vitamin C \*\* • Calcium \*\* • Iron \*\*  
 \*Percent Daily Values are based on a 2,000 calorie diet.  
 \*\*Contains less than 2% of the Daily Value of these nutrients.

Ingredients: Solid White Albacore Tuna fillet, salt and nothing else

### Solid White Albacore Tuna

- Sashimi grade, hand packed loin
- Lower in mercury (small fish contain less mercury)
- 5x's more omega-3's than conventionally canned tuna (2,800 mg per serving)
- Convenient pop top cans
- 12-5oz cans per case

### Wild Alaskan Pink Salmon

- Skinless, boneless, hand packed fillet
- Packed in a local micro-cannery
- Great source of omega-3's (711 mg per serving)
- Convenient pop top cans
- 12-6 oz cans per case



## There is no other seafood company like ours!

- Our **premium quality** seafood is frozen within hours of harvest, we quick freeze all of our seafood at super-low temperatures with the latest technology, locking in peak freshness.
- We proudly offer **seafood exclusively from environmentally sustainable fisheries**. Our independent Seafood Advisory Board (conservationist from Environmental Defense, Monterey Bay Aquarium and other organizations) reviews and approves all of the species we offer.
- Our seafood is **independently tested for contaminants by Seafood Safe**, helping consumers maximize the health benefits of seafood.
- We care deeply for the future of our planet and the world of water, **a portion of sales are donated to marine conservation and education efforts**.

EcoFish, 340 Central Ave. Dover, NH 03820

Henry and Lisa's is a small company with a big mission.

Call to order: 877-214-3474



www.henryandlisas.com