

Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123

Ref Number: 21-07112
PO Number:
Project Name:
Phone:
Email:
Analyst: Various
Supervisor: Kent Oostra

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Sablefish	Lab Sample Number: 29084

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		158		21 CFR part 101.9
Calories from Fat		96		AOAC
Moisture		70.76	g	AOAC
Ash		1.03	g	AOAC
Total Fat		10.66	g	AOAC
	Saturated Fat	2.92	g	AOCS
	Mono-unsaturated	3.99	g	AOCS
	Poly-unsaturated	2.04	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		43.3	mg	AOAC
Protein		14.40	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	43.6	mg	ICP-OES
	Potassium	363	mg	ICP-OES
	Calcium	4.4	mg	ICP-OES
	Iron	0.00	mg	ICP-OES
	Magnesium	18.90	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.03	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	194	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	2.40	mcg	HPLC
	Vitamin B3	1.60	mg	HPLC
	Vitamin B6	0.20	mg	HPLC
	Tocopherols	3.00	mg	HPLC
	Vitamin D	132	IU	HPLC
Fatty Acids				
	Omega 3	1792	mg	AOAC
	Omega 6	252	mg	AOAC
	Omega 9	3072	mg	AOAC

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Sample Identification: Sablefish	Lab Sample Number: 29084

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	1792	mg	GC
	Omega 6	252	mg	GC
	Omega 9	3072	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	446.7	mg	GC
	C14:1 Myristoleic Acid	17.1	mg	GC
	C15:0 Pentadecanoic Acid	48.0	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	2030.7	mg	GC
	C16:1 Palmitoleic Acid	905.0	mg	GC
	C17:0 Margaric Acid	25.6	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	335.8	mg	GC
	C18:1 Oleic Acid	2620.2	mg	GC
	C18:2 Linoleic Acid	116.2	mg	GC
	C18:3 Linolenic Acid	26.7	mg	GC
	C18:3a Gamma Linolenic Acid	10.7	mg	GC
	C18:4 Stearidonic Acid	143.9	mg	GC
	C20:0 Arachidic Acid	17.1	mg	GC
	C20:1 Eicosenoic Acid	329.4	mg	GC
	C20:2 Eicosadienoic Acid	20.3	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	0.0	mg	GC
	C20:3 Eicosatrienoic Acid	12.8	mg	GC
	C20:4 Archidonic Acid	95.9	mg	GC
	C20:4 Eicosatetraenoic Acid	50.1	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	864.5	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	73.6	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	102.3	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	592.7	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	50.1	mg	GC

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Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Pacific Dover Sole	Lab Sample Number: 29085

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		64		21 CFR part 101.9
Calories from Fat		2		AOAC
Moisture		84.03	g	AOAC
Ash		0.98	g	AOAC
Total Fat		0.25	g	AOAC
	Saturated Fat	0.06	g	AOCS
	Mono-unsaturated	0.03	g	AOCS
	Poly-unsaturated	0.11	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		56.2	mg	AOAC
Protein		14.53	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	91.4	mg	ICP-OES
	Potassium	322	mg	ICP-OES
	Calcium	9.2	mg	ICP-OES
	Iron	0.00	mg	ICP-OES
	Magnesium	16.10	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.19	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	162	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	0.70	mcg	HPLC
	Vitamin B3	1.80	mg	HPLC
	Vitamin B6	0.30	mg	HPLC
	Tocopherols	2.00	mg	HPLC
	Vitamin D	<32	IU	HPLC
Fatty Acids				
	Omega 3	95	mg	AOAC
	Omega 6	14	mg	AOAC
	Omega 9	24	mg	AOAC

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Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Pacific Dover Sole	Lab Sample Number: 29085

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	95	mg	GC
	Omega 6	14	mg	GC
	Omega 9	24	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	6.4	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	1.7	mg	GC
	C15:1 Pentadecenoic Acid	0.6	mg	GC
	C16:0 Palmitic Acid	38.9	mg	GC
	C16:1 Palmitoleic Acid	8.4	mg	GC
	C17:0 Margaric Acid	1.5	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	13.2	mg	GC
	C18:1 Oleic Acid	16.1	mg	GC
	C18:2 Linoleic Acid	2.0	mg	GC
	C18:3 Linolenic Acid	0.4	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	0.9	mg	GC
	C20:0 Arachidic Acid	0.5	mg	GC
	C20:1 Eicosenoic Acid	3.3	mg	GC
	C20:2 Eicosadienoic Acid	0.7	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	0.4	mg	GC
	C20:3 Eicosatrienoic Acid	0.7	mg	GC
	C20:4 Archidonic Acid	10.9	mg	GC
	C20:4 Eicosatetraenoic Acid	1.1	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	39.4	mg	GC
	C22:0 Behenic Acid	0.3	mg	GC
	C22:1 Erucic Acid	1.1	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	12.3	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	40.8	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	3.6	mg	GC

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Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Petrale Sole	Lab Sample Number: 29086

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		73		21 CFR part 101.9
Calories from Fat		3		AOAC
Moisture		81.74	g	AOAC
Ash		1.12	g	AOAC
Total Fat		0.38	g	AOAC
	Saturated Fat	0.09	g	AOCS
	Mono-unsaturated	0.09	g	AOCS
	Poly-unsaturated	0.15	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		63.9	mg	AOAC
Protein		16.20	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	58.0	mg	ICP-OES
	Potassium	403	mg	ICP-OES
	Calcium	6.8	mg	ICP-OES
	Iron	0.51	mg	ICP-OES
	Magnesium	21.80	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.04	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	211	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	2.50	mcg	HPLC
	Vitamin B3	2.80	mg	HPLC
	Vitamin B6	0.20	mg	HPLC
	Tocopherols	0.00	mg	HPLC
	Vitamin D	140	IU	HPLC
Fatty Acids				
	Omega 3	138	mg	AOAC
	Omega 6	12	mg	AOAC
	Omega 9	70	mg	AOAC

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Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Petrale Sole	Lab Sample Number: 29086

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	138	mg	GC
	Omega 6	12	mg	GC
	Omega 9	70	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	10.4	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	1.0	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	61.6	mg	GC
	C16:1 Palmitoleic Acid	21.8	mg	GC
	C17:0 Margaric Acid	0.6	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	13.8	mg	GC
	C18:1 Oleic Acid	54.3	mg	GC
	C18:2 Linoleic Acid	3.4	mg	GC
	C18:3 Linolenic Acid	1.0	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	2.9	mg	GC
	C20:0 Arachidic Acid	0.5	mg	GC
	C20:1 Eicosenoic Acid	10.4	mg	GC
	C20:2 Eicosadienoic Acid	0.5	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	0.0	mg	GC
	C20:3 Eicosatrienoic Acid	0.0	mg	GC
	C20:4 Archidonic Acid	7.7	mg	GC
	C20:4 Eicosatetraenoic Acid	1.4	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	55.1	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	1.6	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	12.9	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	64.4	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	4.0	mg	GC

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Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Ling Cod	Lab Sample Number: 29083

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		87		21 CFR part 101.9
Calories from Fat		8		AOAC
Moisture		78.35	g	AOAC
Ash		1.23	g	AOAC
Total Fat		0.92	g	AOAC
	Saturated Fat	0.22	g	AOCS
	Mono-unsaturated	0.19	g	AOCS
	Poly-unsaturated	0.39	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		63.9	mg	AOAC
Protein		18.53	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	46.9	mg	ICP-OES
	Potassium	470	mg	ICP-OES
	Calcium	6.7	mg	ICP-OES
	Iron	0.00	mg	ICP-OES
	Magnesium	25.50	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.05	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	226	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	1.10	mcg	HPLC
	Vitamin B3	1.80	mg	HPLC
	Vitamin B6	0.20	mg	HPLC
	Tocopherols	0.00	mg	HPLC
	Vitamin D	<43	IU	HPLC
Fatty Acids				
	Omega 3	361	mg	AOAC
	Omega 6	33	mg	AOAC
	Omega 9	149	mg	AOAC

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Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Ling Cod	Lab Sample Number: 29083

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	361	mg	GC
	Omega 6	33	mg	GC
	Omega 9	149	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	21.7	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	2.8	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	150.1	mg	GC
	C16:1 Palmitoleic Acid	43.6	mg	GC
	C17:0 Margaric Acid	2.1	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	46.0	mg	GC
	C18:1 Oleic Acid	118.7	mg	GC
	C18:2 Linoleic Acid	9.3	mg	GC
	C18:3 Linolenic Acid	3.5	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	7.4	mg	GC
	C20:0 Arachidic Acid	1.0	mg	GC
	C20:1 Eicosenoic Acid	18.5	mg	GC
	C20:2 Eicosadienoic Acid	1.2	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	0.9	mg	GC
	C20:3 Eicosatrienoic Acid	1.0	mg	GC
	C20:4 Archidonic Acid	20.4	mg	GC
	C20:4 Eicosatetraenoic Acid	3.0	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	120.7	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	3.6	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	16.7	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	208.3	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	8.6	mg	GC

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Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Yellowtail Rockfish	Lab Sample Number: 29078

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		85		21 CFR part 101.9
Calories from Fat		7		AOAC
Moisture		78.36	g	AOAC
Ash		1.21	g	AOAC
Total Fat		0.77	g	AOAC
	Saturated Fat	0.20	g	AOCS
	Mono-unsaturated	0.18	g	AOCS
	Poly-unsaturated	0.30	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		30.5	mg	AOAC
Protein		18.26	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	41.8	mg	ICP-OES
	Potassium	443	mg	ICP-OES
	Calcium	7.0	mg	ICP-OES
	Iron	0.00	mg	ICP-OES
	Magnesium	27.00	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.08	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	221	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	2.40	mcg	HPLC
	Vitamin B3	2.40	mg	HPLC
	Vitamin B6	0.20	mg	HPLC
	Vitamin E	0.00	mg	HPLC
	Vitamin D	174	IU	HPLC
Fatty Acids				
	Omega 3	274	mg	AOAC
	Omega 6	25	mg	AOAC
	Omega 9	145	mg	AOAC

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**Analyst: Various
 Supervisor: Kent Oostra**

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Yellow Tail Rockfish	Lab Sample Number: 29078

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	274	mg	GC
	Omega 6	25	mg	GC
	Omega 9	145	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	21.5	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	2.2	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	135.9	mg	GC
	C16:1 Palmitoleic Acid	37.4	mg	GC
	C17:0 Margaric Acid	1.4	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	34.3	mg	GC
	C18:1 Oleic Acid	113.1	mg	GC
	C18:2 Linoleic Acid	10.0	mg	GC
	C18:3 Linolenic Acid	3.5	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	6.4	mg	GC
	C20:0 Arachidic Acid	0.8	mg	GC
	C20:1 Eicosenoic Acid	16.0	mg	GC
	C20:2 Eicosadienoic Acid	1.4	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	0.9	mg	GC
	C20:3 Eicosatrienoic Acid	0.9	mg	GC
	C20:4 Archidonic Acid	11.9	mg	GC
	C20:4 Eicosatetraenoic Acid	3.2	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	81.3	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	8.5	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	14.7	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	163.8	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	7.3	mg	GC

**Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123**
**Ref Number: 21-07112
 PO Number:
 Project Name:**
**Phone:
 Email:**
**Analyst: Various
 Supervisor: Kent Oostra**

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Widow Rockfish	Lab Sample Number: 29077

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		98		21 CFR part 101.9
Calories from Fat		14		AOAC
Moisture		78.31	g	AOAC
Ash		1.12	g	AOAC
Total Fat		1.57	g	AOAC
	Saturated Fat	0.42	g	AOCS
	Mono-unsaturated	0.39	g	AOCS
	Poly-unsaturated	0.53	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		46.8	mg	AOAC
Protein		19.39	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	42.8	mg	ICP-OES
	Potassium	419	mg	ICP-OES
	Calcium	6.6	mg	ICP-OES
	Iron	0.53	mg	ICP-OES
	Magnesium	25.00	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.06	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	226	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	1.60	mcg	HPLC
	Vitamin B3	2.10	mg	HPLC
	Vitamin B6	0.10	mg	HPLC
	Tocopherols	0.00	mg	HPLC
	Vitamin D	330	IU	HPLC
Fatty Acids				
	Omega 3	482	mg	AOAC
	Omega 6	53	mg	AOAC
	Omega 9	311	mg	AOAC

Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123

Ref Number: 21-07112
PO Number:
Project Name:
Phone:
Email:
Analyst: Various
Supervisor: Kent Oostra

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Widow Rockfish	Lab Sample Number: 29077

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	482	mg	GC
	Omega 6	53	mg	GC
	Omega 9	311	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	2.4	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	64.5	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	7.9	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	268.6	mg	GC
	C16:1 Palmitoleic Acid	78.8	mg	GC
	C17:0 Margaric Acid	7.7	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	67.7	mg	GC
	C18:1 Oleic Acid	197.3	mg	GC
	C18:2 Linoleic Acid	19.6	mg	GC
	C18:3 Linolenic Acid	6.8	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	15.5	mg	GC
	C20:0 Arachidic Acid	2.4	mg	GC
	C20:1 Eicosenoic Acid	61.2	mg	GC
	C20:2 Eicosadienoic Acid	4.9	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	1.6	mg	GC
	C20:3 Eicosatrienoic Acid	2.2	mg	GC
	C20:4 Archidonic Acid	26.1	mg	GC
	C20:4 Eicosatetraenoic Acid	8.3	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	162.7	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	38.5	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	19.0	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	267.8	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	14.3	mg	GC

**Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123**
**Ref Number: 21-07112
 PO Number:
 Project Name:**
**Phone:
 Email:**
**Analyst: Various
 Supervisor: Kent Oostra**

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Chilipepper Rockfish	Lab Sample Number: 29079

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		91		21 CFR part 101.9
Calories from Fat		5		AOAC
Moisture		78.49	g	AOAC
Ash		1.16	g	AOAC
Total Fat		0.53	g	AOAC
	Saturated Fat	0.14	g	AOCS
	Mono-unsaturated	0.10	g	AOCS
	Poly-unsaturated	0.25	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		63.5	mg	AOAC
Protein		20.27	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	46.9	mg	ICP-OES
	Potassium	415	mg	ICP-OES
	Calcium	20.3	mg	ICP-OES
	Iron	0.78	mg	ICP-OES
	Magnesium	25.80	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.08	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	227	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	1.40	mcg	HPLC
	Vitamin B3	4.40	mg	HPLC
	Vitamin B6	0.20	mg	HPLC
	Vitamin E	0.00	mg	HPLC
	Vitamin D	<43	IU	HPLC
Fatty Acids				
	Omega 3	229	mg	AOAC
	Omega 6	20	mg	AOAC
	Omega 9	78	mg	AOAC

Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123

Ref Number: 21-07112
PO Number:
Project Name:
Phone:
Email:
Analyst: Various
Supervisor: Kent Oostra

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Chilipepper Rockfish	Lab Sample Number: 29079

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	229	mg	GC
	Omega 6	20	mg	GC
	Omega 9	78	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	9.2	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	1.3	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	95.1	mg	GC
	C16:1 Palmitoleic Acid	19.5	mg	GC
	C17:0 Margaric Acid	1.0	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	29.6	mg	GC
	C18:1 Oleic Acid	66.6	mg	GC
	C18:2 Linoleic Acid	7.0	mg	GC
	C18:3 Linolenic Acid	2.9	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	3.0	mg	GC
	C20:0 Arachidic Acid	0.0	mg	GC
	C20:1 Eicosenoic Acid	4.9	mg	GC
	C20:2 Eicosadienoic Acid	0.7	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	0.5	mg	GC
	C20:3 Eicosatrienoic Acid	0.0	mg	GC
	C20:4 Archidonic Acid	11.7	mg	GC
	C20:4 Eicosatetraenoic Acid	1.4	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	60.7	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	1.5	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	7.8	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	152.7	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	5.4	mg	GC

**Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123**
**Ref Number: 21-07112
 PO Number:
 Project Name:**
**Phone:
 Email:**
**Analyst: Various
 Supervisor: Kent Oostra**

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Canary Rockfish	Lab Sample Number: 29080

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		88		21 CFR part 101.9
Calories from Fat		7		AOAC
Moisture		78.16	g	AOAC
Ash		1.18	g	AOAC
Total Fat		0.74	g	AOAC
	Saturated Fat	0.19	g	AOCS
	Mono-unsaturated	0.13	g	AOCS
	Poly-unsaturated	0.34	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		73.6	mg	AOAC
Protein		19.09	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	51.5	mg	ICP-OES
	Potassium	406	mg	ICP-OES
	Calcium	7.3	mg	ICP-OES
	Iron	0.00	mg	ICP-OES
	Magnesium	23.30	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.06	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	214	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	1.90	mcg	HPLC
	Vitamin B3	3.60	mg	HPLC
	Vitamin B6	0.20	mg	HPLC
	Tocopherols	0.00	mg	HPLC
	Vitamin D	84	IU	HPLC
Fatty Acids				
	Omega 3	316	mg	AOAC
	Omega 6	27	mg	AOAC
	Omega 9	97	mg	AOAC

Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123

Ref Number: 21-07112
PO Number:
Project Name:
Phone:
Email:
Analyst: Various
Supervisor: Kent Oostra

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Canary Rockfish	Lab Sample Number: 29080

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	316	mg	GC
	Omega 6	27	mg	GC
	Omega 9	97	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	14.7	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	1.9	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	135.0	mg	GC
	C16:1 Palmitoleic Acid	28.8	mg	GC
	C17:0 Margaric Acid	1.4	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	39.1	mg	GC
	C18:1 Oleic Acid	81.8	mg	GC
	C18:2 Linoleic Acid	9.9	mg	GC
	C18:3 Linolenic Acid	3.8	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	6.2	mg	GC
	C20:0 Arachidic Acid	0.7	mg	GC
	C20:1 Eicosenoic Acid	6.0	mg	GC
	C20:2 Eicosadienoic Acid	1.0	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	0.9	mg	GC
	C20:3 Eicosatrienoic Acid	0.9	mg	GC
	C20:4 Archidonic Acid	14.2	mg	GC
	C20:4 Eicosatetraenoic Acid	2.6	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	93.0	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	1.6	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	14.1	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	195.0	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	7.8	mg	GC

**Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123**
**Ref Number: 21-07112
 PO Number:
 Project Name:**
**Phone:
 Email:**
**Analyst: Various
 Supervisor: Kent Oostra**

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Short-Spine Thornyhead	Lab Sample Number: 29081

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		114		21 CFR part 101.9
Calories from Fat		46		AOAC
Moisture		76.74	g	AOAC
Ash		0.93	g	AOAC
Total Fat		5.11	g	AOAC
	Saturated Fat	1.14	g	AOCS
	Mono-unsaturated	2.02	g	AOCS
	Poly-unsaturated	1.16	g	AOCS
	Trans Fatty Acids	0.01	g	AOCS
Cholesterol		44.8	mg	AOAC
Protein		15.90	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	41.8	mg	ICP-OES
	Potassium	322	mg	ICP-OES
	Calcium	6.2	mg	ICP-OES
	Iron	0.00	mg	ICP-OES
	Magnesium	18.30	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.04	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	162	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	0.04	mcg	HPLC
	Vitamin B3	1.10	mg	HPLC
	Vitamin B6	0.10	mg	HPLC
	Tocopherols	4.00	mg	HPLC
	Vitamin D	<46	IU	HPLC
Fatty Acids				
	Omega 3	990	mg	AOAC
	Omega 6	174	mg	AOAC
	Omega 9	1503	mg	AOAC

Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123

Ref Number: 21-07112
PO Number:
Project Name:
Phone:
Email:
Analyst: Various
Supervisor: Kent Oostra

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Short-Spine Thornyhead	Lab Sample Number: 29081

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	990	mg	GC
	Omega 6	174	mg	GC
	Omega 9	1503	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	149.7	mg	GC
	C14:1 Myristoleic Acid	8.7	mg	GC
	C15:0 Pentadecanoic Acid	20.4	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	747.1	mg	GC
	C16:1 Palmitoleic Acid	510.0	mg	GC
	C17:0 Margaric Acid	19.9	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	168.1	mg	GC
	C18:1 Oleic Acid	1308.7	mg	GC
	C18:2 Linoleic Acid	52.1	mg	GC
	C18:3 Linolenic Acid	14.8	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	24.0	mg	GC
	C20:0 Arachidic Acid	8.7	mg	GC
	C20:1 Eicosenoic Acid	127.8	mg	GC
	C20:2 Eicosadienoic Acid	14.3	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	5.6	mg	GC
	C20:3 Eicosatrienoic Acid	6.6	mg	GC
	C20:4 Archidonic Acid	97.6	mg	GC
	C20:4 Eicosatetraenoic Acid	23.0	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	416.5	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	31.7	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	94.0	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	411.9	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	34.7	mg	GC

Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123

Ref Number: 21-07112
PO Number:
Project Name:
Phone:
Email:
Analyst: Various
Supervisor: Kent Oostra

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Pacific Ocean Perch	Lab Sample Number: 29082

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		90		21 CFR part 101.9
Calories from Fat		11		AOAC
Moisture		79.46	g	AOAC
Ash		1.09	g	AOAC
Total Fat		1.21	g	AOAC
	Saturated Fat	0.29	g	AOCS
	Mono-unsaturated	0.29	g	AOCS
	Poly-unsaturated	0.47	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		68.3	mg	AOAC
Protein		18.46	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	49.8	mg	ICP-OES
	Potassium	425	mg	ICP-OES
	Calcium	9.8	mg	ICP-OES
	Iron	0.00	mg	ICP-OES
	Magnesium	26.40	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.06	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	193	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	2.80	mcg	HPLC
	Vitamin B3	2.80	mg	HPLC
	Vitamin B6	0.20	mg	HPLC
	Tocopherols	0.00	mg	HPLC
	Vitamin D	120	IU	HPLC
Fatty Acids				
	Omega 3	429	mg	AOAC
	Omega 6	45	mg	AOAC
	Omega 9	238	mg	AOAC

Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123

Ref Number: 21-07112
PO Number:
Project Name:
Phone:
Email:
Analyst: Various
Supervisor: Kent Oostra

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Pacific Ocean Perch	Lab Sample Number: 29082

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	429	mg	GC
	Omega 6	45	mg	GC
	Omega 9	238	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	22.3	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	3.9	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	205.8	mg	GC
	C16:1 Palmitoleic Acid	51.1	mg	GC
	C17:0 Margaric Acid	2.9	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	53.1	mg	GC
	C18:1 Oleic Acid	179.4	mg	GC
	C18:2 Linoleic Acid	15.5	mg	GC
	C18:3 Linolenic Acid	3.8	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	5.1	mg	GC
	C20:0 Arachidic Acid	1.5	mg	GC
	C20:1 Eicosenoic Acid	31.9	mg	GC
	C20:2 Eicosadienoic Acid	3.0	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	1.2	mg	GC
	C20:3 Eicosatrienoic Acid	0.0	mg	GC
	C20:4 Archidonic Acid	24.8	mg	GC
	C20:4 Eicosatetraenoic Acid	5.3	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	94.4	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	10.5	mg	GC
	C22:2 Docosadienoic Acid	0.0	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	18.0	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	301.3	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	16.3	mg	GC

**Client: Positively Groundfish
 1529 Union Street #336
 San Francisco, CA 94123**
**Ref Number: 21-07112
 PO Number:
 Project Name:**
**Phone:
 Email:**
**Analyst: Various
 Supervisor: Kent Oostra**

Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Hake	Lab Sample Number: 29087

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Calories		82		21 CFR part 101.9
Calories from Fat		11		AOAC
Moisture		81.79	g	AOAC
Ash		1.05	g	AOAC
Total Fat		1.21	g	AOAC
	Saturated Fat	0.31	g	AOCS
	Mono-unsaturated	0.27	g	AOCS
	Poly-unsaturated	0.50	g	AOCS
	Trans Fatty Acids	0.00	g	AOCS
Cholesterol		71.1	mg	AOAC
Protein		16.70	g	LECO
Carbohydrates		0.00	g	Calculation
Dietary Fiber		0.0	g	AOAC 985.29
Sugars, Total*		0.00	g	HPLC-RI
	Fructose	0.00	g	HPLC-RI
	Glucose	0.00	g	HPLC-RI
	Sucrose	0.00	g	HPLC-RI
	Maltose	0.00	g	HPLC-RI
	Lactose	0.00	g	HPLC-RI
Minerals				
	Sodium	119.0	mg	ICP-OES
	Potassium	303	mg	ICP-OES
	Calcium	7.0	mg	ICP-OES
	Iron	0.00	mg	ICP-OES
	Magnesium	25.60	mg	ICP-OES
	Nickel	0.00	mg	ICP-OES
	Selenium	0.03	mg	ICP-OES
	Vanadium	0.00	mg	ICP-OES
	Zinc	0.00	mg	ICP-OES
	Phosphorus	166	mg	ICP-OES
	Cobalt	0.00	mg	ICP-OES
	copper	0.00	mg	ICP-OES
	Manganese	0.00	mg	ICP-OES
Vitamins				
	Vitamin B12	1.90	mcg	HPLC
	Vitamin B3	1.70	mg	HPLC
	Vitamin B6	0.10	mg	HPLC
	Vitamin E	0.00	mg	HPLC
	Vitamin D	<37	IU	HPLC
Fatty Acids				
	Omega 3	451	mg	AOAC
	Omega 6	49	mg	AOAC
	Omega 9	211	mg	AOAC

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Date Received: 5/4/2021	Date Reported: 6/23/2021
Sample Identification: Hake	Lab Sample Number: 29087

Nutritional Facts

	Serving Size	100	Units	
	Analyte	Results per Serving	Units	Method
Fatty Acids				
	Omega 3	451	mg	GC
	Omega 6	49	mg	GC
	Omega 9	211	mg	GC
	C08:0 Caprylic Acid	0.0	mg	GC
	C10:0 Capric Acid	0.0	mg	GC
	C11:0 Undecanoic Acid	0.0	mg	GC
	C12:0 Lauric Acid	0.0	mg	GC
	C13:0 Tridecanoic Acid	0.0	mg	GC
	C14:0 Myristic Acid	24.7	mg	GC
	C14:1 Myristoleic Acid	0.0	mg	GC
	C15:0 Pentadecanoic Acid	3.4	mg	GC
	C15:1 Pentadecenoic Acid	0.0	mg	GC
	C16:0 Palmitic Acid	229.9	mg	GC
	C16:1 Palmitoleic Acid	57.2	mg	GC
	C17:0 Margaric Acid	2.8	mg	GC
	C17:1 Heptadecenoic Acid	0.0	mg	GC
	C18:0 Stearic Acid	43.8	mg	GC
	C18:1 Oleic Acid	176.5	mg	GC
	C18:2 Linoleic Acid	16.0	mg	GC
	C18:3 Linolenic Acid	6.1	mg	GC
	C18:3a Gamma Linolenic Acid	0.0	mg	GC
	C18:4 Stearidonic Acid	10.3	mg	GC
	C20:0 Arachidic Acid	0.0	mg	GC
	C20:1 Eicosenoic Acid	18.3	mg	GC
	C20:2 Eicosadienoic Acid	1.7	mg	GC
	C20:3 Dihomo-gamma Linolenic Acid (DGLA)	1.5	mg	GC
	C20:3 Eicosatrienoic Acid	1.2	mg	GC
	C20:4 Archidonic Acid	22.9	mg	GC
	C20:4 Eicosatetraenoic Acid	5.9	mg	GC
	C20:5 Eicosapentaenoic Acid (EPA)	169.2	mg	GC
	C22:0 Behenic Acid	0.0	mg	GC
	C22:1 Erucic Acid	3.4	mg	GC
	C22:2 Docosadienoic Acid	6.1	mg	GC
	C22:5 Docosapentaenoic Acid (DPA)	0.0	mg	GC
	C22:6 Docosahexaenoic Acid (DHA)	258.2	mg	GC
	C24:0 Lignoceric Acid	0.0	mg	GC
	C24:1 Nervonic Acid	12.7	mg	GC