



INGREDIENTS: MACKEREL, ORGANIC EXTRA VIRGIN OLIVE OIL, WATER, SEA SALT.

CONTAINS: FISH (MACKEREL)

PRODUCED FOR: Natural Catch Seafoods, LLC. 2683 Via de La Valle Suite G #336 Del Mar California, 92014
NORTH PACIFIC SOURCED FISH — PROCESSED IN VIETNAM

Nutrition Facts

Serv. Size 3oz (85g) drained
About 1 serving per container

Calories 210

* Percent Daily Values (DV)
are based on a 2,000 calorie diet

Amount / Serving	%DV*	Amount Per Serving	%DV*
Total Fat 15g	19%	Total Carb. 0g	0%
Sat. Fat 4.5g	23%	Fiber 0g	0%
Trans. Fat 0g		Sugars 0g	
Cholest. 70mg	23%	Inc. 0g Added Sugars	0%
Sodium 210mg	9%	Protein 19g	
Vitamin D 160% • Calcium 2% • Iron 10% • Potassium 4%			

NC

**SUSTAINABLY
CAUGHT**
mackerel

Fishing ENVIRONMENTALLY FRIENDLY

100% WILD MACKEREL FISH
IN ORGANIC EXTRA VIRGIN OLIVE OIL
NET WT. 4.4 OZ (125g)

NATURAL CATCH

naturalcatch.com

12mm

63mm

30mm

63mm

30mm