

# Iceland Arctic Charr

sustainable product derived  
from sustainable resources



## High Quality Product

Iceland is the largest producer of Arctic Charr in the world and leading the way. The Arctic Charr is produced in crystal clear water using sustainable green energy. No antibiotics or other medical products are used in Arctic Charr farming in Iceland and it has not been genetically modified (GMO) in any way.

The Icelandic Arctic Charr is a high quality fish product kept and reared in farms under excellent conditions. It's nutritional value is very high, especially for omega-3 fatty acids and vitamin D. Arctic charr is characterized as sweet flavoured.

## Origin

Arctic Charr is the most common and widespread salmonid fish in Iceland and it is one of the northernmost freshwater fish species.

## Farming of Arctic Charr in Iceland

According to MAST (The Icelandic Food and Veterinary Authority) a serious disease of viral origin has never been identified in aquaculture in Iceland.

## No Growth Hormones or Antibiotics

There are no antibiotics or other medical products used in Arctic Charr farming in Iceland.

## No Genetic Modifications

The genetic material of the brood stock fish, or any other stage of development, has not been genetically modified (GMO) in any way.





### Crystal Clear Water

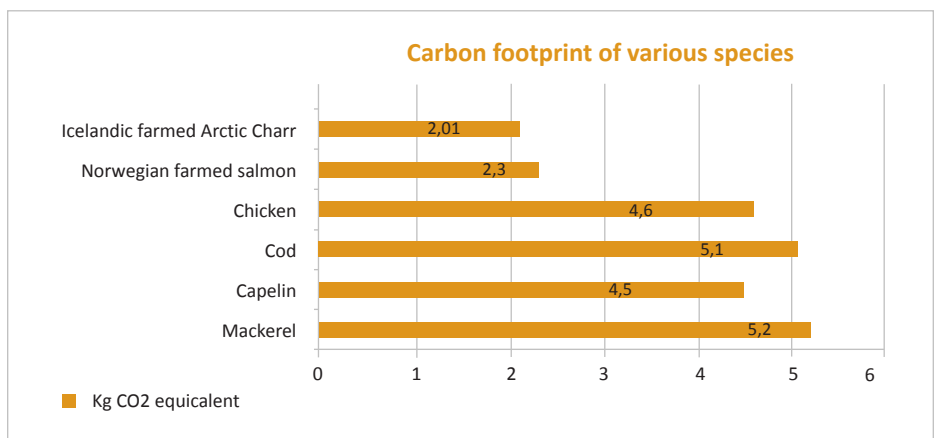
In the EU's water framework directive, Iceland's fresh waters are classified as unique eco-region. Over 95% of Iceland's drinking water is untreated groundwater extracted from springs, boreholes and wells.

### Food Safety

The regulating Icelandic food safety authorities MAST and local Health Inspectors follow Icelandic and EU regulations and work in close cooperation with EFSA (European Food Safety Authority).

### Low Carbon Footprint

The Icelandic Arctic Charr has very low Carbon Footprint, 2 Kg CO<sub>2</sub> equivalent.

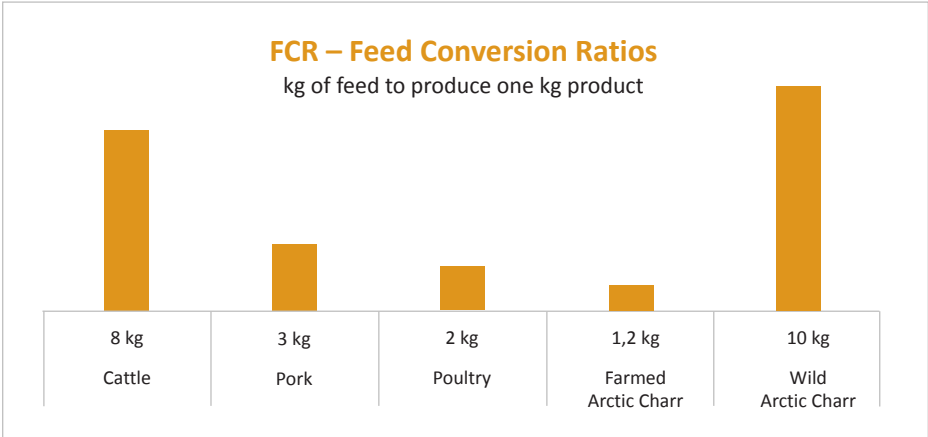


## Sustainable Green Energy

Iceland has adapted EU Directive 2009/28/EC, which has the main objective to promote the use of energy from renewable sources across Europe.

## Feed

High quality and of sustainable sources.



## Nutritional value

The Icelandic Arctic Charr has an excellent nutritional value.

Farmed Arctic Charr - Nutritional facts	
100g : kcal 184, kJ 767	
Protein	19g
Total fat	12g
Saturated fatty acids	2g
Monosaturated fatty acids	5g
Polyunsaturated fatty acids	3g
Omega 3 fatty acids	2g
Cholesterol	59mg
Carbohydrates	0g
Sodium	0,04g
Water	68g



### More information:

[www.matis.is/iceland-arctic-charr/](http://www.matis.is/iceland-arctic-charr/)

