

AUTUMN | 2021

# VitalChoice®

WILD SEAFOOD & ORGANICS

Sustainably  
Delicious  
Every Time

Save  
Up To **15%**  
Details on Back





Since 2001, our mission has been simple:

Provide the finest wild salmon Mother Nature has to offer and protect the source for future generations.

This means we work with only healthy, well-managed fisheries that are that are certified sustainable or follow best practices that support continued abundance.

We select our salmon from the best of the catch, and follow through with multilevel inspection, skillful processing, and meticulous handling. The result is quality and purity you can taste, expertly packed, and delivered to your door.

**WILD CAUGHT.  
NO CATCH.™**



#### WILD SOCKEYE SALMON FILLETS

Easy to prepare and beautiful to serve, our whole, wild Alaskan sockeye fillets are a perfect centerpiece for family meals or special occasions. Kosher (EK).

24-oz avg., skin-on, boneless

|        |           |       |
|--------|-----------|-------|
| FRF003 | 3 fillets | \$119 |
| FRF006 | 6 fillets | \$209 |
| FRF009 | 9 fillets | \$299 |

For smaller 19-ounce fillets, visit [vitalchoice.com](https://vitalchoice.com) or call us at 800.608.4825.



MSC-C-50265

Seafood with this mark comes from an MSC certified sustainable fishery



## Wild Alaskan Sockeye Salmon

Known also as red salmon, sockeye is celebrated for its vivid color, iconic flavor, and impressive nutritional profile. Whether pan-seared with compound butter, oven-roasted with vegetables, or grilled and flaked on a green salad, our wild Alaskan sockeye salmon is the perfect protein for any weeknight meal. Flash-frozen and vacuum-packaged in serving-size portions or whole fillets. Kosher (EK).

| 4-oz portions, skinless, boneless  |             |       | 6-oz portions, skinless, boneless  |             |       | 6-oz portions, skin-on, boneless  |             |       |
|-------------------------------------------------------------------------------------------------------------------------|-------------|-------|-------------------------------------------------------------------------------------------------------------------------|-------------|-------|------------------------------------------------------------------------------------------------------------------------|-------------|-------|
| FRP406                                                                                                                  | 6 portions  | \$69  | FRP006                                                                                                                  | 6 portions  | \$89  | FRB606                                                                                                                 | 6 portions  | \$84  |
| FRP412                                                                                                                  | 12 portions | \$129 | FRP012                                                                                                                  | 12 portions | \$159 | FRB612                                                                                                                 | 12 portions | \$144 |
| FRP424                                                                                                                  | 24 portions | \$229 | FRP024                                                                                                                  | 24 portions | \$289 | FRB624                                                                                                                 | 24 portions | \$269 |



Scan to Shop  
Wild Sockeye



### WILD KING SALMON

Our wild king salmon is extra moist and high in omega-3s, making it the richest, most flavorful wild salmon available. Its high oil content and firm texture make it perfect for baking, broiling, and grilling. Kosher (EK).

4-oz portions, skin-on, boneless

|        |             |       |       |
|--------|-------------|-------|-------|
| KSP406 | 6 portions  | \$94  |       |
| KSP412 | 12 portions | \$169 |       |
| KSP424 | 24 portions | \$299 | \$259 |

6-oz portions, skin-on, boneless

|        |             |       |  |
|--------|-------------|-------|--|
| KSP006 | 6 portions  | \$119 |  |
| KSP012 | 12 portions | \$229 |  |
| KSP024 | 24 portions | \$409 |  |

6-oz portions, skinless, boneless

|        |             |       |  |
|--------|-------------|-------|--|
| KSP606 | 6 portions  | \$129 |  |
| KSP612 | 12 portions | \$239 |  |
| KSP624 | 24 portions | \$439 |  |



### WILD SILVER SALMON

Our silver salmon (coho) is a leaner fish with a delicate flavor and texture that finds favor with many salmon connoisseurs. Skin-on portions are an excellent choice for the grill, as well as broiling and baking. Kosher (EK).

6-oz portions, skin-on, boneless

|        |             |       |  |
|--------|-------------|-------|--|
| FSC606 | 6 portions  | \$84  |  |
| FSC612 | 12 portions | \$159 |  |
| FSC624 | 24 portions | \$289 |  |

### SIGNATURE ORGANIC SEASONINGS

Custom-blended in small batches with the finest certified organic ingredients, our premium seasonings add depth and complexity without adding MSG, sugar, or gluten. Kosher (KSA).

|        |                |      |  |
|--------|----------------|------|--|
| NPS201 | Original Blend | \$11 |  |
| NPS301 | No-Salt Blend  | \$11 |  |
| NPS401 | Lemon Pepper   | \$10 |  |



We work only with fisheries that meet our high standards for quality and sustainability

## Wild Pacific King Salmon

Abundant with flavor and omega-3s, wild king salmon is the richest and most celebrated of the Pacific salmon species. Our kings are line-caught and flash-frozen within a day of catch from the icy waters of Alaska and British Columbia.





# Wild Alaskan Halibut

Renowned as one of the world’s premier white fish, Alaskan halibut’s mild-but-rich flavor and firm texture make it a family favorite. We select the smallest fish of the catch to ensure optimal purity.



## WILD HALIBUT & COD DUO

These two versatile white fish make a fine meal or wonderful addition to a variety of seafood dishes such as chowder, cioppino, or tacos.

6-oz portions, skinless, boneless

|        |            |       |
|--------|------------|-------|
| FCH606 | 3 of each  | \$99  |
| FCH612 | 6 of each  | \$179 |
| FCH624 | 12 of each | \$319 |



## SOCKEYE & HALIBUT DUO

Even better together! Enjoy the light taste of wild halibut with the robust flavor of wild sockeye in our equal-portioned combo.

4-oz portions, skinless, boneless

|        |            |       |
|--------|------------|-------|
| FSH406 | 3 of each  | \$84  |
| FSH412 | 6 of each  | \$149 |
| FSH424 | 12 of each | \$259 |

6-oz portions, skinless, boneless

|        |            |       |
|--------|------------|-------|
| FSH606 | 3 of each  | \$99  |
| FSH612 | 6 of each  | \$179 |
| FSH624 | 12 of each | \$319 |

FOR **SERIOUS SEAFOODIES**

Join & Earn Rewards Points  
On Every Purchase

**VITAL★REWARDS**

Sign up at [vitalchoice.com/vitalrewards](https://vitalchoice.com/vitalrewards)



## WILD CHILEAN SEA BASS

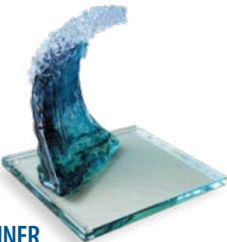
Sustainably caught in the Ross Sea, our Chilean sea bass is found in the deep, icy waters of the Antarctic. Coveted by chefs worldwide, it has a mild, rich, buttery flavor, along with a firm-but-tender texture and large flakes. Its high fat content gives this luxury fish its luscious flavor and abundant omega-3s.

4-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FCB406 | 6 portions  | \$99  |
| FCB412 | 12 portions | \$179 |
| FCB424 | 24 portions | \$319 |

6-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FCB606 | 6 portions  | \$129 |
| FCB612 | 12 portions | \$249 |
| FCB624 | 24 portions | \$459 |



**2020 WINNER**  
**Marine Stewardship Council**  
**U.S. Ocean Champion Award**

The Marine Stewardship Council (MSC) awarded Vital Choice the U.S. Ocean Champion Award for going above and beyond the MSC standards in 2020, and for continued dedication to seafood sustainability. We’ve proudly been a leader in sustainable seafood over the course of our 20-year partnership with the MSC, and we currently offer more than 30 products that display the MSC logo.



**MSC-C-50265**  
Seafood with this mark comes from an MSC certified sustainable fishery

## WILD ALASKAN HALIBUT

Its firm, meaty texture and big snow-white flakes make our Alaskan halibut great for grilling, pan-searing, poaching, braising, or steaming in parchment. Also popular in tacos, sushi, and ceviche.

4-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FHP406 | 6 portions  | \$84  |
| FHP412 | 12 portions | \$154 |
| FHP424 | 24 portions | \$289 |

6-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FHP006 | 6 portions  | \$114 |
| FHP012 | 12 portions | \$209 |
| FHP024 | 24 portions | \$379 |

## WILD HALIBUT CHEEKS

Wild Pacific halibut cheeks are sweet and tender, with a texture similar to scallops. Enjoy with a simple preparation. Product of Canada.

16-oz bag, about 10 cheeks

|        |        |       |
|--------|--------|-------|
| FHC101 | 1 bag  | \$44  |
| FHC102 | 2 bags | \$84  |
| FHC103 | 3 bags | \$119 |



Scan to Shop  
Wild Halibut



**WILD ALASKAN SABLEFISH**

Known also as black cod, our wild Alaskan sablefish contains 1,700mg of omega-3s per 4-ounce serving, making this nutrient-dense white fish a rich and silky delicacy. Thanks to its high fat content, sablefish retains its luscious texture throughout the cooking process. Kosher (EK).

4-oz portions, skin-on, some small bones    12-oz portions, skin-on, some small bones

|        |             |       |        |            |       |
|--------|-------------|-------|--------|------------|-------|
| FBP406 | 6 portions  | \$74  | FBP102 | 2 portions | \$79  |
| FBP412 | 12 portions | \$139 | FBP104 | 4 portions | \$139 |
| FBP424 | 24 portions | \$259 | FBP106 | 6 portions | \$199 |



**SMOKED OVEN-READY SABLEFISH**

A treat for your senses, our lightly smoked sablefish portions are infused with the rich aroma of alder smoke and ready to cook. Kosher (OU).

4-oz portions, skin-on, some small bones

|        |             |       |
|--------|-------------|-------|
| SBC406 | 6 portions  | \$79  |
| SBC412 | 12 portions | \$159 |
| SBC424 | 24 portions | \$299 |



**WILD PETRALE SOLE**

Our sole fillets are individually flash-frozen, then glazed to preserve their delicate flavor and texture. Perfect for making sole meunière, grenobloise, or piccata, these thin and elegant fillets will awaken your inner Julia Child.

20-oz package, skinless, boneless

|        |            |       |
|--------|------------|-------|
| FWP202 | 2 packages | \$64  |
| FWP204 | 4 packages | \$109 |
| FWP206 | 6 packages | \$156 |

**WILD ALASKAN COD**

Proprietary handling methods combined with single-freeze onboard processing preserve our cod's tender texture and nutritional profile, making it the best you can buy.

4-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FCP406 | 6 portions  | \$54  |
| FCP412 | 12 portions | \$99  |
| FCP424 | 24 portions | \$189 |

6-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FCP606 | 6 portions  | \$74  |
| FCP612 | 12 portions | \$129 |
| FCP624 | 24 portions | \$224 |



**WILD MAHI MAHI**

Hand-caught by longline in the Pacific Ocean, our mahi mahi comes from an artisanal Ecuadorian fishery currently undergoing assessment for sustainability certification. With a name that means “very strong” in Hawaiian, mahi mahi is an especially versatile white fish with a superbly mild flavor and moderately firm texture that stands up to grilling. Delicious when baked, broiled, grilled, or sautéed, mahi mahi is high in protein, low in calories.

5.5-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FMM606 | 6 portions  | \$79  |
| FMM612 | 12 portions | \$139 |
| FMM624 | 24 portions | \$259 |

**WILDLY DELICIOUS  
ON THE LIGHTER SIDE**



**DELUXE WILD WHITE FISH SAMPLER**

A showcase of our most premium white fish, this deluxe sampler contains two portions each of our Chilean sea bass, Alaskan halibut, Alaskan cod, mahi mahi, and lightly smoked oven-ready sablefish; plus a 20-oz package of Pacific Petrale sole fillets. 12+ servings total.

FGS052    White Fish Sampler    \$139

**WILD PACIFIC LINGCOD**

Our lingcod is a versatile white fish that appeals to a wide range of tastes and cooking methods. With a mild flavor profile, medium-firm texture, and large flakes, lingcod is delicious when baked, broiled, or sautéed.

6-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FLC606 | 6 portions  | \$82  |
| FLC612 | 12 portions | \$149 |
| FLC624 | 24 portions | \$292 |

**WILD ATLANTIC HADDOCK**

Sustainably caught in wild Atlantic waters and frozen at sea within hours of catch, our wild haddock comes from an MSC-certified fishery. Haddock is high in protein and low in calories and makes a nutritious weeknight meal when baked or pan-fried, or made into fish cakes, tacos, or chowder.

7.5-oz average fillet, skin-on, boneless

|        |             |       |
|--------|-------------|-------|
| FHF606 | 6 portions  | \$89  |
| FHF612 | 12 portions | \$159 |
| FHF624 | 24 portions | \$279 |



# LINE-CAUGHT WILD AHI & ALBACORE TUNA

SELECTED FOR PURITY & FLAVOR

### ALBACORE TUNA MEDALLIONS

Line-caught and small in size, our albacore tuna is deliciously pure and abundant in omega-3s. These firm but tender little medallions are ¾" thick and come 3–5 to a package.  
6-oz packages, skinless, boneless  
FTM606 6 packages \$94  
FTM612 12 packages \$179  
FTM624 24 packages \$319

### AHI SAKU

Considered the filet mignon of tuna, our premium ahi saku is a uniform portion of center-cut tuna loin, perfect for making sushi, sashimi, and tataki.

|                                |          |       |
|--------------------------------|----------|-------|
| 8-oz block, skinless, boneless |          |       |
| FYT801                         | 1 block  | \$22  |
| FYT803                         | 3 blocks | \$59  |
| FYT806                         | 6 blocks | \$109 |

### AHI TUNA STEAKS

Tuna lovers prize ahi for its wonderful flavor and firm texture. Our ahi steaks are easy to prepare—just thaw, sear, and enjoy!  
5-oz steaks, skinless, boneless  
FYT606 6 steaks \$59  
FYT612 12 steaks \$99  
FYT624 24 steaks \$179

### AHI TUNA POKE KIT

Quick, healthy, and quintessentially Hawaiian, poke is a raw fish salad that's served alone as an appetizer, or with rice and toppings as a main dish. Our poke kit features wild ahi tuna plus organic seasonings for authentic island flavor.  
1-lb kit, four 4-oz servings  
FPK102 2 poke kits \$49  
FPK104 4 poke kits \$89  
FPK106 6 poke kits \$119

### WAKAME SEAWEEED SALAD

Wakame is a savory, vibrant sea vegetable that's wonderfully rich in nutrients and low in calories. Its zesty, salty-sweet flavor makes it the perfect complement to Vital Choice seafood. All natural, no MSG.  
8-oz tub, ships frozen  
FSD201 1 tub \$18  
FSD203 3 tubs \$49  
FSD206 6 tubs \$79

### TATAKI / SEARED ALBACORE

Ready to thaw and serve as an appetizer or on a salad, our Japanese-style tataki comes to you flame-seared, thinly sliced, and vacuum sealed. Garnish with sliced scallions and grated fresh ginger, and serve with a shoyu and ponzu dipping sauce.  
6-oz package, skinless, boneless  
FST103 3 packages \$54  
FST106 6 packages \$99  
FST109 9 packages \$144



The safest seafood for serving raw is seafood that's been previously frozen. All our frozen seafoods meet or exceed FDA guidelines and are suitable for sashimi, poke, ceviche, or tartare.



## Wild Salmon Roe



Vital Choice ikura is premium salmon roe, unpasteurized and cured in a custom 2.5% brine.

Prized across cultures worldwide for its flavor and health benefits, salmon roe is the richest food source of phospholipid-form omega-3s available, making it the ultimate superfood for the development and maintenance of healthy eyes, brain, heart, and immune systems. Delicious in sushi, on avocado toast, on scrambled or deviled eggs, in crepes or blinis with crème fraiche, on latkes with sour cream, with cream cheese on rye bread, and more.



### KETA SALMON ROE/IKURA

Pale red with orange overtones, keta salmon roe is the most popular variety, regarded for its flavor, long shelf life, and signature "pop" in the mouth.  
1450mg total Omega-3s per 1-oz serving  
EPA 580mg, DHA 680mg

5 mm+



### PINK SALMON ROE/IKURA

Orange with a subtle rose hue, pink salmon roe is valued for its sweet, mild taste, and long shelf life.  
700mg total Omega-3s per 1-oz serving  
EPA 310mg, DHA 370mg

3.5 mm+



### SOCKEYE SALMON ROE /IKURA

Bright red and significantly smaller than the other varieties, sockeye salmon roe can have a pleasantly bitter natural finish and has a shorter shelf life.  
900mg total Omega-3s per 1-oz serving  
EPA 400mg, DHA 400mg

2.5 mm+



Shop Ikura

# Best of the Wild

Curated with gifting in mind, our favorite samplers are perfect for any occasion.

### DISCOVER WILD

Curated for our newest customers, this approachable sampler is a delicious introduction to a fabulous fish foursome: two portions each of our king salmon, sockeye salmon, halibut, and cod. Includes our Organic Lemon Pepper Seasoning.

FGS053 Discover Wild \$119



### EXPLORE WILD

Curated for gifting, entertaining, or stocking your freezer, this sampler explores a diverse array of five wild fish species through seven of our most popular products. Broaden your wild seafood horizons with two portions each of our wild king salmon, Alaskan halibut, ahi tuna, albacore tuna medallions, and sockeye salmon burgers. Also includes our hot-smoked wild sockeye salmon and cold-smoked wild sockeye Nova lox.

FGS054 Explore Wild \$139

### INDULGE IN THE WILD

Built for ambitious foodies and heroic gifting, this sampler contains six luxurious pounds of our finest sustainably harvested wild fish and shellfish varieties. Dive into the deep end and indulge in some of Mother Nature's finest work: wild Maine lobster tails, Atlantic scallops, jumbo spot prawns, seared sockeye and tuna tataki, Chilean sea bass, Pacific king salmon, and Alaskan halibut.

FGS055 Indulge in the Wild \$249



### SMOKED SOCKEYE SALMON

Our hot-smoked wild sockeye is a moist, flaky, fully cooked, smoky-sweet treat. Try our plain and cracked pepper varieties. Just thaw and serve. Kosher (OU). 6-oz packages, skin-on, boneless

|        |             |       |
|--------|-------------|-------|
| Plain  |             |       |
| SSP006 | 6 packages  | \$94  |
| SSP012 | 12 packages | \$169 |
| SSP024 | 24 packages | \$309 |

|                                 |             |       |
|---------------------------------|-------------|-------|
| Topped w/Organic Cracked Pepper |             |       |
| SSP106                          | 6 packages  | \$94  |
| SSP112                          | 12 packages | \$169 |
| SSP124                          | 24 packages | \$309 |

|                                  |             |       |
|----------------------------------|-------------|-------|
| Mixed, Half Peppered, Half Plain |             |       |
| SSP206                           | 6 packages  | \$94  |
| SSP212                           | 12 packages | \$169 |
| SSP224                           | 24 packages | \$309 |



### SMOKED SOCKEYE CANDY

Made with sustainably caught wild sockeye salmon, organic brown sugar, and sea salt. No nitrites, artificial additives, or preservatives. Boneless, skin-on, gluten-free. Kosher (OU).

|                        |            |       |
|------------------------|------------|-------|
| 6-oz packages, skin-on |            |       |
| SSC603                 | 3 packages | \$59  |
| SSC606                 | 6 packages | \$109 |
| SSC609                 | 9 packages | \$149 |



### SOCKEYE NOVA LOX

Our cold-smoked wild sockeye lox offers a balance of perfect texture and sensational flavor, with a delightful buttery finish. Thaws quickly and serves two generously, or try a whole fillet for larger groups. Kosher (OU).

|                       |             |       |                                 |           |       |
|-----------------------|-------------|-------|---------------------------------|-----------|-------|
| 4-oz packages, sliced |             |       | 26-oz avg. whole fillet, sliced |           |       |
| FRL006                | 6 packages  | \$89  | SSL101                          | 1 fillet  | \$69  |
| FRL012                | 12 packages | \$159 | SSL102                          | 2 fillets | \$129 |
| FRL024                | 24 packages | \$299 | SSL103                          | 3 fillets | \$179 |



### SMOKED KING SALMON

Our extra-moist, hot-smoked king portions are cured in a light salt brine, then slowly smoked over natural hardwood, and flash-frozen to lock in freshness. Kosher (OU).

|                 |             |       |
|-----------------|-------------|-------|
| 5.5-oz packages |             |       |
| SKP503          | 3 packages  | \$69  |
| SKP506          | 6 packages  | \$129 |
| SKP512          | 12 packages | \$239 |

### SMOKED KING CANDY

Made with sustainably caught wild king salmon, organic brown sugar, and sea salt. No nitrites, artificial additives, or preservatives. Boneless, skinless, gluten-free, and Kosher (OU).

|                                   |            |       |
|-----------------------------------|------------|-------|
| 5-oz packages, skinless, boneless |            |       |
| SKC403                            | 3 packages | \$74  |
| SKC406                            | 6 packages | \$144 |
| SKC409                            | 9 packages | \$209 |

### SMOKED KING DUO

This combo features three 5.5-oz packages of smoked king salmon, and three 5-oz packages of king salmon candy. Kosher (OU).

SKS003 Smoked King Duo \$139



## Hot Smoked & Cured

Enjoy the rich, smoky-sweet taste of our wild smoked fish varieties, and our delicious cured Nova lox. Wild, Kosher, and never ever farmed.

### SMOKED SOCKEYE SAMPLER

An enticing appetizer or enviable gift, our wild sockeye sampler features cold-smoked Nova lox, hot-smoked salmon, hot-smoked peppered salmon, and our delectable smoked salmon candy. No artificial coloring, nitrites, nitrates, or preservatives. Gluten-free and Kosher (OU).

FGS050 Smoked Sampler \$99

Unlike other brands, our smoked salmon never contains artificial preservatives, synthetic dyes, or other additives.

WILD CAUGHT.  
NO CATCH.



Shop All Samplers

Give a Gift Card  
vitalchoice.com/gift-cards

# EXCEPTIONALLY PURE SHELLFISH



Naturally low in carbs and high in healthy fats, our premium shellfish is a tempting source of high-quality protein, minerals, and omega-3s. From Oregon pink shrimp to Atlantic sea scallops, the vast majority of our shellfish has a best-choice rating from the Monterey Bay Aquarium Seafood Watch program, or it comes from fisheries that are certified sustainable by the Marine Stewardship Council.

Find all our shellfish at [vitalchoice.com/shellfish](https://vitalchoice.com/shellfish)

- |                                                            |                                                         |                                                           |
|------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|
| 1 <b>WILD ARTISAN BLUE SHRIMP</b><br>FBS101 1 package \$39 | 4 <b>DUNGENESS CRAB SECTIONS</b><br>FDC301 1 bag \$49   | 7 <b>WILD MAINE LOBSTER MEAT</b><br>FML401 1 pkg \$79     |
| 2 <b>WILD ALASKAN SPOT PRAWNS</b><br>FSP501 1 tray \$46    | 5 <b>FRESH LIVE MANILA CLAMS</b><br>DCL101 5 lbs \$129  | 8 <b>WILD ATLANTIC SCALLOPS</b><br>FWS201 1 bag \$42      |
| 3 <b>WILD OREGON PINK SHRIMP</b><br>FOS201 2 lbs \$43      | 6 <b>WILD PATAGONIAN SCALLOPS</b><br>FWS302 2 bags \$54 | 9 <b>FRESH LIVE PACIFIC OYSTERS</b><br>DOY301 5 doz \$164 |



Seafood with this mark comes from an MSC certified sustainable fishery



Our shellfish with comes from sustainable farms & fisheries

Order with confidence  
24/7 at  
[vitalchoice.com](https://vitalchoice.com)  
or 800.608.4825

Our knowledgeable Customer Care Team is also available weekdays 7am-4pm by email at [customercare@vitalchoice.com](mailto:customercare@vitalchoice.com), and live chat at [vitalchoice.com](https://vitalchoice.com).

## Mail & Fax Orders

Before ordering by postal mail or fax, please call 800.608.4825 to confirm product availability and order total. Product prices are subject to change without notice, and sales tax varies with city, county, and state.

For a printable order form, go to [vitalchoice.com/content/how-to-order](https://vitalchoice.com/content/how-to-order).



## Happiness Guaranteed

If you're not delighted with your purchase, we'll cheerfully replace your product or refund your money, whichever you prefer. This guarantee applies only to purchases made directly from Vital Choice. Shipping charges will be refunded if products were delivered late or damaged in transit. Within 30 days of purchase date, contact us at 866.482.5887 or [customercare@vitalchoice.com](mailto:customercare@vitalchoice.com).



  
**VITAL BOX**  
A Tasty Subscription to Good Health



## SUBSCRIBE & SIMPLIFY

A vibrant showcase of our best and brightest, **Vital Box** provides exceptional quality and variety, month after month. Experience reliable access to premium sushi-grade seafood, a natural source of whole-food nutrition that's rich in high-quality protein and omega-3s.

### WILD SALMON BOX / \$129

Recipe-ready portions of king, sockeye, or silver salmon, plus a rotating spotlight on Nova lox, salmon burgers, salmon sausage, and bacon. Experience 9 products in a 3-month stretch.

### WILD FISH BOX / \$169

Recipe-ready portions of numerous wild fish species, including salmon, halibut, cod, tuna, sablefish, mahi mahi, and more. Experience 13 products in a 3-month stretch.

### WILD SEAFOOD BOX / \$199

Recipe-ready portions of numerous wild fish species, plus a rotating spotlight on wild shrimp, prawns, scallops, and calamari. Experience 19 products in a 3-month stretch.

FOR **SERIOUS SEAFOODIES**



Shop Vital Box Now



CANNED AND POUCHED SEAFOODS OF EXCEPTIONAL QUALITY

READY TO EAT. ALWAYS ON HAND.

A rich and convenient source of premium protein and omega-3s, our canned fish and seafood offer exceptional quality, flavor, and nutrition. To ensure maximum purity, we work with well-managed fisheries and we select fish that are naturally low in contaminants. Sustainably sourced, fully cooked, and ready to eat.



WILD SOCKEYE SALMON

The skin and small soft bones in our delicious canned salmon are completely edible and enhance flavor and nutrition. Traditional style. Kosher (OU).

|              |         |       |
|--------------|---------|-------|
| 3.75-oz cans |         |       |
| CWR306       | 6 cans  | \$34  |
| CWR312       | 12 cans | \$64  |
| CWR324       | 24 cans | \$119 |
| 7.5-oz cans  |         |       |
| CWR706       | 6 cans  | \$49  |
| CWR712       | 12 cans | \$89  |
| CWR724       | 24 cans | \$169 |

WILD SOCKEYE SALMON NO ADDED SALT

|             |         |       |
|-------------|---------|-------|
| 7.5-oz cans |         |       |
| CNS706      | 6 cans  | \$49  |
| CNS712      | 12 cans | \$89  |
| CNS724      | 24 cans | \$169 |

WILD SOCKEYE SALMON SKINLESS & BONELESS

Our signature sockeye is the finest canned salmon available because we select fish of superior culinary quality. Our skinless, boneless variety is for those who don't care for skin and bones. Kosher (OU).

|           |         |       |
|-----------|---------|-------|
| 6-oz cans |         |       |
| CSB606    | 6 cans  | \$56  |
| CSB612    | 12 cans | \$109 |
| CSB624    | 24 cans | \$199 |

SMOKED WILD SOCKEYE SALMON

Smoking this premium salmon adds irresistible accents you won't find in supermarket brands of canned sockeye salmon. You're in for a very pleasant surprise. Skinless, boneless.

|             |        |      |
|-------------|--------|------|
| 5.5-oz cans |        |      |
| CSS503      | 3 cans | \$49 |
| CSS506      | 6 cans | \$87 |

WILD COHO SALMON

Known for its delicate flavor and firm texture, Coho (silver) salmon is an excellent source of high-quality protein, omega-3s, selenium, and vitamins B12 and D. Traditional style. Kosher (OU).

|             |         |       |
|-------------|---------|-------|
| 7.5-oz cans |         |       |
| CSC706      | 6 cans  | \$39  |
| CSC712      | 12 cans | \$74  |
| CSC724      | 24 cans | \$139 |

POUCHED WILD SOCKEYE

Our pouched skinless, boneless wild Alaskan sockeye salmon is a convenient way to get the protein you need for your active life. Kosher (OU).

|              |            |       |
|--------------|------------|-------|
| 3-oz pouches |            |       |
| NRS306       | 6 pouches  | \$42  |
| NRS312       | 12 pouches | \$79  |
| NRS324       | 24 pouches | \$149 |
| 6-oz pouches |            |       |
| NRS606       | 6 pouches  | \$64  |
| NRS612       | 12 pouches | \$119 |
| NRS624       | 24 pouches | \$229 |

WILD PINK SALMON

A customer favorite, our wild Alaskan pink salmon offers mild flavor, light texture, and economical nutrition. Kosher (OU).

|                                 |         |       |
|---------------------------------|---------|-------|
| 3.75-oz cans, traditional style |         |       |
| CSP306                          | 6 cans  | \$28  |
| CSP312                          | 12 cans | \$53  |
| CSP324                          | 24 cans | \$99  |
| 7.5-oz cans, skinless, boneless |         |       |
| CSP206                          | 6 cans  | \$44  |
| CSP212                          | 12 cans | \$79  |
| CSP224                          | 24 cans | \$149 |

WILD PINK SALMON NO ADDED SALT

|                                 |         |       |
|---------------------------------|---------|-------|
| 7.5-oz cans, skinless, boneless |         |       |
| CSPNS106                        | 6 cans  | \$47  |
| CSPNS112                        | 12 cans | \$85  |
| CSPNS124                        | 24 cans | \$161 |



Shop Canned Seafood

WILD DUNGENESS CRAB

Its fine sweet flavor and texture make Dungeness crab a favorite choice of seafood lovers. The moist, naturally sweet meat is delicious straight out of the can, or in salads, pasta dishes, and sandwiches.

|           |        |       |
|-----------|--------|-------|
| 6-oz cans |        |       |
| CDC601    | 1 can  | \$28  |
| CDC603    | 3 cans | \$79  |
| CDC606    | 6 cans | \$149 |

WILD SKIPJACK TUNA

Dolphin-safe and sustainably caught, our premium skipjack tuna provides exceptional flavor, lean protein, and an ample supply of omega-3s. Packed by hand and cooked only once, every can contains pure, solid tuna. 100% traceability from boat to can. Kosher (OU).

Organic Extra-Virgin Olive Oil & Sea Salt

|                       |         |       |
|-----------------------|---------|-------|
| 5.8-oz easy-open cans |         |       |
| CTS106                | 6 cans  | \$46  |
| CTS112                | 12 cans | \$89  |
| CTS124                | 24 cans | \$169 |

Natural Pack, No Added Salt, Oil, or Water

|                       |         |       |
|-----------------------|---------|-------|
| 5.8-oz easy-open cans |         |       |
| CTS206                | 6 cans  | \$46  |
| CTS212                | 12 cans | \$89  |
| CTS224                | 24 cans | \$169 |

WILD ALBACORE TUNA

Cooked just once for maximum flavor and nutrition, our albacore tuna are selected for their small size to ensure optimal purity. Packed with organic olive oil and sea salt, it's a satisfying and convenient source of protein and omega-3s. Skinless, boneless, and Kosher (OU).

|                        |         |       |
|------------------------|---------|-------|
| 3.75-oz easy-open cans |         |       |
| CTA306                 | 6 cans  | \$49  |
| CTA312                 | 12 cans | \$89  |
| CTA324                 | 24 cans | \$169 |

|                     |         |       |
|---------------------|---------|-------|
| 6-oz easy-open cans |         |       |
| CTA606              | 6 cans  | \$64  |
| CTA612              | 12 cans | \$119 |
| CTA624              | 24 cans | \$219 |

POUCHED ALBACORE TUNA

Lighter and more compact than canned, our pouched tuna offers exceptional flavor, protein, and nutrition on the go. Also available in Jalapeño and Alder Smoke varieties at vitalchoice.com.

Sea Salt

|              |            |       |
|--------------|------------|-------|
| 3-oz pouches |            |       |
| NRT506       | 6 pouches  | \$42  |
| NRT512       | 12 pouches | \$79  |
| NRT524       | 24 pouches | \$149 |

No Added Salt

|              |            |       |
|--------------|------------|-------|
| 6-oz pouches |            |       |
| NRT406       | 6 pouches  | \$54  |
| NRT412       | 12 pouches | \$99  |
| NRT424       | 24 pouches | \$179 |

VENTRESCA TUNA BELLIES

Hand-cut from the richest, most tender portion of the small albacore, our tuna bellies are packed with a pinch of sea salt and organic extra virgin olive oil. Unique, delicious, and loaded with omega-3s.

|                        |        |      |
|------------------------|--------|------|
| 3.75-oz easy-open cans |        |      |
| CTV306                 | 6 cans | \$69 |

SMOKED BLUE MUSSELS

Our smoked mussels are small in size and lightly infused with maple wood smoke. Perfect for appetizers, salads, and seafood chowders.

|                     |         |       |
|---------------------|---------|-------|
| 4-oz easy-open cans |         |       |
| CSM203              | 3 cans  | \$32  |
| CSM206              | 6 cans  | \$62  |
| CSM212              | 12 cans | \$109 |

WILD CAUGHT. NO CATCH.™





### WILD SOCKEYE SALMON BURGERS

Unlike most salmon burgers, ours are made from premium wild Alaskan sockeye. This means more omega-3s, firmer texture, and richer flavor. Seasoned with certified-organic herbs and spices. Gluten-free and Kosher (OU).

| Original Sockeye Burgers |            |      | Deluxe Sockeye Burgers |            |      |
|--------------------------|------------|------|------------------------|------------|------|
| 4-oz patties             |            |      | 5-oz patties           |            |      |
| FSB606                   | 6 patties  | \$44 | FSB506                 | 6 patties  | \$52 |
| FSB612                   | 12 patties | \$79 | FSB512                 | 12 patties | \$94 |

### WILD ALASKAN SALMON DOGS

Seasoned with select organic spices, and free of nitrates/nitrites and artificial preservatives, our wild salmon dogs are uncured, gluten-free, and ready to cook straight from the freezer.

9.6-oz, 4 dogs per pack

| Original |         |      | Jalapeño |         |      |
|----------|---------|------|----------|---------|------|
| FHD103   | 3 packs | \$42 | FHD203   | 3 packs | \$42 |
| FHD106   | 6 packs | \$74 | FHD206   | 6 packs | \$74 |



## EAT WILD FOR BREAKFAST, LUNCH & DINNER

### WILD SALMON BACON

A savory, healthy alternative to traditional bacon. Enjoy slices of our wild Alaskan salmon bacon infused with a touch of maple sugar. Fast, simple, and so easy to prepare. Gluten-free.

12-oz packs, 10–12 slices

|        |         |      |
|--------|---------|------|
| SCB101 | 1 pack  | \$32 |
| SCB103 | 3 packs | \$89 |

### WILD SHRIMP BURGERS

These burgers feature our tasty, Fair Trade Certified™ wild artisan blue shrimp. They're great on a bun or atop a salad, cook from frozen in minutes. Gluten-free.

4-oz burgers

|        |            |      |
|--------|------------|------|
| FBS508 | 8 burgers  | \$59 |
| FBS512 | 12 burgers | \$79 |

### WEIL FOR VITAL CHOICE™ WILD SOCKEYE SALMON SAUSAGE

Created in partnership with pioneering health expert Dr. Andrew Weil, these delicious wild sockeye salmon patties come in three unique flavors: Savory Country Style, Zesty Italian, and Spicy Chorizo. Available at [vitalchoice.com](http://vitalchoice.com). Gluten-free and Kosher (OU).

|                        |           |      |
|------------------------|-----------|------|
| Salmon Sausage Sampler |           |      |
| FSS306                 | 6 patties | \$32 |





# HEALTHY EVERYDAY ESSENTIALS

## WILD PORTUGUESE SARDINES & MACKEREL

Named one of the *150 Healthiest Foods on Earth* by nutrition authority Dr. Jonny Bowden, wild Portuguese sardines and mackerel are a potent source of omega-3s, vitamin D, selenium, and a broad spectrum of other important micronutrients lacking in terrestrial foods. Naturally low in mercury, our sardines are superior to grocery-store brands in both nutrition and flavor.

### WILD SARDINES

4.4-oz tins

Organic EV00

|        |         |      |
|--------|---------|------|
| CPS006 | 6 tins  | \$32 |
| CPS012 | 12 tins | \$52 |
| CPS024 | 24 tins | \$95 |

Water, No Added Salt

|        |         |      |
|--------|---------|------|
| CPS306 | 6 tins  | \$32 |
| CPS312 | 12 tins | \$52 |
| CPS324 | 24 tins | \$95 |

Organic EV00 w/Red Chili

|        |         |      |
|--------|---------|------|
| CPS106 | 6 tins  | \$32 |
| CPS112 | 12 tins | \$52 |
| CPS124 | 24 tins | \$95 |

Organic Tomato Sauce

|        |         |      |
|--------|---------|------|
| CPS406 | 6 tins  | \$32 |
| CPS412 | 12 tins | \$52 |
| CPS424 | 24 tins | \$95 |

### WILD MACKEREL

We source our mackerel from the same family that provides our superior sardines.

4.4-oz tins

Organic EV00

|        |         |      |
|--------|---------|------|
| CPM106 | 6 tins  | \$32 |
| CPM112 | 12 tins | \$52 |
| CPM124 | 24 tins | \$95 |

Water, No Added Salt

|        |         |      |
|--------|---------|------|
| CPM206 | 6 tins  | \$32 |
| CPM212 | 12 tins | \$52 |
| CPM224 | 24 tins | \$95 |



## ORGANIC EXTRA-DARK CHOCOLATE

Our chocolate is 80% cacao and processed without alkali, making it rich in beneficial antioxidants. 2-oz bars. Kosher.

Plain

|        |        |      |
|--------|--------|------|
| NDC106 | 6 bars | \$23 |
|--------|--------|------|

With Wild Blueberries

|        |        |      |
|--------|--------|------|
| NDC206 | 6 bars | \$23 |
|--------|--------|------|

With Crystallized Ginger

|        |        |      |
|--------|--------|------|
| NDC406 | 6 bars | \$23 |
|--------|--------|------|

## POUCHED ALBACORE TUNA

Sea Salt

3-oz pouches

|        |            |       |
|--------|------------|-------|
| NRT506 | 6 pouches  | \$42  |
| NRT512 | 12 pouches | \$79  |
| NRT524 | 24 pouches | \$149 |

No Added Salt

6-oz pouches

|        |            |       |
|--------|------------|-------|
| NRT406 | 6 pouches  | \$54  |
| NRT412 | 12 pouches | \$99  |
| NRT424 | 24 pouches | \$179 |



## WILD SALMON JERKY

A convenient and healthy alternative to beef jerky, they're flavored with mild organic herbs and spices, a pinch of sea salt, a hint of smoky flavor, and a touch of organic sugar.

Individually wrapped 9" strips

|        |           |      |
|--------|-----------|------|
| NJS212 | 12 strips | \$39 |
| NJS224 | 24 strips | \$69 |
| NJS236 | 36 strips | \$89 |



## ORGANIC BONE BROTHS

Sip as a satisfying hot beverage, or use in recipes, soups, and stews. Beef and chicken broths are made with no added salt. Gluten-free, non-GMO, no hormones, preservatives, or MSG. Ships frozen in 24 oz BPA-free pouches.

Free-Range Chicken Broth

|        |           |       |
|--------|-----------|-------|
| FMS803 | 3 pouches | \$59  |
| FMS806 | 6 pouches | \$109 |
| FMS809 | 9 pouches | \$159 |

Grass-Fed Beef Broth

|        |           |       |
|--------|-----------|-------|
| FMS903 | 3 pouches | \$59  |
| FMS906 | 6 pouches | \$109 |
| FMS909 | 9 pouches | \$159 |

Wild Fish Broth

|         |           |       |
|---------|-----------|-------|
| FMS1003 | 3 pouches | \$64  |
| FMS1006 | 6 pouches | \$119 |
| FMS1009 | 9 pouches | \$169 |



## CERTIFIED ORGANIC BERRIES

Ideal for smoothies or as a nutritious topping for cereals or desserts. Each one-pound bag yields about 3.5 cups of frozen berries with no added sugar. Kosher (OU).

Wild Organic Blueberries

|        |        |      |
|--------|--------|------|
| FFB103 | 3 bags | \$39 |
|--------|--------|------|

Organic Strawberries

|        |        |      |
|--------|--------|------|
| FFS103 | 3 bags | \$36 |
|--------|--------|------|

## ORGANIC BALSAMIC VINEGAR

Made from a blend of select Spanish wines and grape concentrate. Aged in oak barrels to enhance their complex, slightly sweet flavors, then estate bottled. Product of Spain.

8.5-fl oz bottle

|        |                |      |
|--------|----------------|------|
| NBV001 | Red Balsamic   | \$17 |
| NBV201 | White Balsamic | \$17 |



## ORGANIC EXTRA-VIRGIN OLIVE OIL

Exquisite oil of superior quality, cold-pressed from choice Picual olives on a small Andalusian estate. Product of Spain. Kosher (KLBD).

|        |                   |      |
|--------|-------------------|------|
| NOL201 | 16.9-fl oz bottle | \$23 |
|--------|-------------------|------|

## WILD SEAFOOD SOUPS

Ready to heat and serve in four minutes or less, our wild seafood soups make a convenient protein-rich meal with no additives, preservatives, soy, GMOs, MSG, or gluten. We offer four delicious varieties, each one loaded with sustainable seafood and packaged for your pantry in BPA-free single-serving pouches.



Smoked Salmon Chowder

|        |           |      |
|--------|-----------|------|
| NMS203 | 3 pouches | \$29 |
| NMS206 | 6 pouches | \$54 |
| NMS209 | 9 pouches | \$79 |



Savory Seafood Bisque

|        |           |      |
|--------|-----------|------|
| NMS103 | 3 pouches | \$29 |
| NMS106 | 6 pouches | \$54 |
| NMS109 | 9 pouches | \$79 |



Classic Clam Chowder

|        |           |      |
|--------|-----------|------|
| NMS303 | 3 pouches | \$29 |
| NMS306 | 6 pouches | \$54 |
| NMS309 | 9 pouches | \$79 |



Seafood Cioppino

|        |           |      |
|--------|-----------|------|
| NMS403 | 3 pouches | \$29 |
| NMS406 | 6 pouches | \$54 |
| NMS409 | 9 pouches | \$79 |





# VITALCHOICE MARINE SUPPLEMENTS

Sourced from sustainable fisheries and molecularly distilled for optimal purity, our marine supplements offer seafood-source omega-3s and never contain dairy, starch, wheat, yeast, sugar, soy, gluten, GMOs, artificial preservatives, colors, binders, or stearates.



**MSC-C-50265**  
Supplements with this mark come from an MSC certified sustainable fishery.



## Wild Alaskan Sockeye Salmon Oil

Our natural, whole sockeye salmon oil is rich with essential omega-3s and astaxanthin, the powerful antioxidant that gives our signature supplement its vibrant orange hue. Each bottle contains either a one-month or two-month supply.

**1,000mg softgels**  
Suggested use: 3 softgels daily

|        |   |           |      |
|--------|---|-----------|------|
| NSC201 | 1 | 90-count  | \$24 |
| NSC203 | 3 | 90-count  | \$58 |
| NSC101 | 1 | 180-count | \$40 |
| NSC103 | 3 | 180-count | \$99 |

**1,000mg softgels with lemon**  
Suggested use: 3 softgels daily

|        |   |           |      |
|--------|---|-----------|------|
| NSC301 | 1 | 180-count | \$40 |
| NSC303 | 3 | 180-count | \$99 |

**500mg softgels**  
Suggested use: 6 softgels daily

|        |   |           |      |
|--------|---|-----------|------|
| NSC401 | 1 | 180-count | \$26 |
| NSC403 | 3 | 180-count | \$62 |

**Liquid Sockeye Salmon Oil**  
**8.5 fl-oz bottle**  
Suggested use: 3/4 tsp daily

|        |   |         |      |
|--------|---|---------|------|
| NSL201 | 1 | bottle  | \$29 |
| NSL203 | 3 | bottles | \$69 |



Tested for banned substances



Contents certified by NSF International



## Vitamin D3 in Sockeye Salmon Oil

A healthy dose of vitamin D3 and wild sockeye salmon oil in small softgels. Each bottle contains a six-month supply.

|                                                         |        |   |           |      |
|---------------------------------------------------------|--------|---|-----------|------|
| <b>300mg softgels</b><br>Suggested use: 1 softgel daily | NSD101 | 1 | 180-count | \$24 |
|                                                         | NSD103 | 3 | 180-count | \$59 |

## Vitamin D3 in Sockeye Salmon Oil

**NSF Certified for Sport®**

Certified pure, potent, and free of all substances banned for athletes. Every softgel contains 1,000 IU of vitamin D3 in 1,000mg of wild sockeye salmon oil. Each bottle contains a two-month supply.

|                                                            |        |   |           |       |
|------------------------------------------------------------|--------|---|-----------|-------|
| <b>1,000mg softgels</b><br>Suggested use: 3 softgels daily | NSD201 | 1 | 180-count | \$48  |
|                                                            | NSD203 | 3 | 180-count | \$120 |

## Daily Immune Support

**Single-serving packets**

Getting your daily dose of omega-3s, curcumin, and vitamin D3 is easy with the convenience of our single-serving packets. Each packet contains two Omega-3 Therapy + Vitamin D3 softgels (1,010mg omega-3s + 2,000 IU D3), plus two Curcumin in Sockeye Salmon Oil softgels (500mg active curcumin). Our recyclable paperboard dispenser contains a one-month supply of 30 individual packets. Great for travel or everyday use.

|                               |                     |  |  |      |
|-------------------------------|---------------------|--|--|------|
| Suggested use: 1 packet daily |                     |  |  |      |
| NSJ201                        | 30-Packet Dispenser |  |  | \$74 |



## Curcumin in Sockeye Salmon Oil

Curcumin is the complex of yellow compounds in turmeric root. Lab and clinical studies indicate curcumin extract supports immune system and brain health, and tests show our extract is much better absorbed than others\*. To boost its benefits, we deliver ours in a healthy dose of our wild sockeye salmon oil. Each bottle contains a two-month supply.

|                                                         |        |   |           |       |
|---------------------------------------------------------|--------|---|-----------|-------|
| <b>860mg softgel</b><br>Suggested use: 2 softgels daily | NSU101 | 1 | 120-count | \$48  |
|                                                         | NSU103 | 3 | 120-count | \$122 |



## Astaxanthin in Sockeye Salmon Oil

Astaxanthin is the red-orange pigment that gives wild salmon and krill their vivid hues. Our astaxanthin is the first supplement to deliver this natural antioxidant in a base of wild sockeye salmon oil. Each softgel contains up to 100 times more astaxanthin than our salmon or krill oil. Each bottle contains a three-month supply.

|                                                         |        |   |          |      |
|---------------------------------------------------------|--------|---|----------|------|
| <b>350mg softgels</b><br>Suggested use: 1 softgel daily | NSA201 | 1 | 90-count | \$36 |
|                                                         | NSA203 | 3 | 90-count | \$96 |



## Omega-3 Therapy

We developed our high-potency Omega-3 Therapy fish oil concentrate for those seeking more omega-3s per capsule. Achieve healthful omega-3 levels faster with this powerful supplement rich in marine-source EPA and DHA. Each bottle contains a three-month supply.

|                                                          |        |   |           |       |
|----------------------------------------------------------|--------|---|-----------|-------|
| <b>850mg softgels</b><br>Suggested use: 2 softgels daily | NSH301 | 1 | 180-count | \$69  |
|                                                          | NSH303 | 3 | 180-count | \$176 |

|                                                                           |        |   |           |       |
|---------------------------------------------------------------------------|--------|---|-----------|-------|
| <b>850mg softgels, plus vitamin D3</b><br>Suggested use: 2 softgels daily | NSE301 | 1 | 180-count | \$74  |
|                                                                           | NSE303 | 3 | 180-count | \$189 |

## High DHA BrainCare™ + Vitamin D3

**NSF Certified for Sport®**

Critical to brain health and resilience\*, our natural triglyceride-form DHA comes from sustainably sourced anchovies, sardines, and mackerel. For increased brain benefit, we've added an optimal dose of vitamin D3. Each bottle contains a three-month supply.

|                                                          |        |   |           |       |
|----------------------------------------------------------|--------|---|-----------|-------|
| <b>850mg softgels</b><br>Suggested use: 2 softgels daily | NSP201 | 1 | 180-count | \$59  |
|                                                          | NSP203 | 3 | 180-count | \$149 |



## MoodCare™

This unique supplement combines the time-tested, clinically-validated properties of two adaptogenic herbs, ashwagandha and rhodiola (600mg each per serving), both known to help support healthy mood, sound sleep, and stress response\*. Each bottle contains a one-month supply.

|                                                                           |        |   |          |       |
|---------------------------------------------------------------------------|--------|---|----------|-------|
| <b>1,150mg softgels</b> (fish gelatin)<br>Suggested use: 3 softgels daily | NSR201 | 1 | 90-count | \$44  |
|                                                                           | NSR203 | 3 | 90-count | \$112 |



## Wild Antarctic Krill Oil

Our whole, unrefined, pure Antarctic krill oil provides essential omega-3s in their phospholipid form, and even more of the potent antioxidant astaxanthin than our salmon oil. Easily digested and absorbed, with no aftertaste. Each bottle contains a one-month supply.

|                                                                             |        |   |          |       |
|-----------------------------------------------------------------------------|--------|---|----------|-------|
| <b>1,000mg softgels</b> (bovine gelatin)<br>Suggested use: 2 softgels daily | NSK201 | 1 | 60-count | \$48  |
|                                                                             | NSK203 | 3 | 60-count | \$120 |



## Wild Alaskan Cod Liver Oil

Vital Choice Wild Alaskan Cod Liver Oil comes from one of the purest and most sustainable fish on earth. Unlike standard fish oils, our pharmaceutical-grade supplement provides omega-3s in their natural triglyceride form, along with the natural vitamin A and D for which cod liver oil is famous—plus organic lemon oil for superior flavor.

|                                                       |        |   |         |      |
|-------------------------------------------------------|--------|---|---------|------|
| <b>6.8 fl-oz bottle</b><br>Suggested use: 1 tsp daily | NSL401 | 1 | bottle  | \$29 |
|                                                       | NSL403 | 3 | bottles | \$69 |

\*These statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

"I'VE BEEN PURCHASING WILD SOCKEYE SALMON OIL FROM VITAL CHOICE FOR MANY YEARS. IT'S SIMPLY THE BEST PRODUCT OF ITS KIND OUT THERE—CONSISTENTLY POTENT, SAFE AND PURE. THANK YOU, VITAL CHOICE!"

—ELIZABETH H.



Scan to join our email list



[vitalchoice.com/subscribe](https://vitalchoice.com/subscribe)

- Be the first to enjoy special offers, recipes, and new product announcements.
- Get early access to our Black Friday event.
- Stay current on health, nutrition, and environmental news with our award-winning newsletter.



## Omega-3 Index Complete Test Kit

The Omega-3 Index Complete is a blood test that measures the amount of omega-3 fatty acids, EPA and DHA, in red blood cells. As a part of an overall healthy lifestyle, an Omega-3 Index in the 8-12% range may help to maintain heart, brain, eye and joint health. Once you know your Omega-3 Index, you can personalize your diet to modify your Omega-3 Index in as little as 3-4 months.

|        |   |                    |       |
|--------|---|--------------------|-------|
| NTK201 | 1 | Complete Test Kit  | \$99  |
| NTK202 | 2 | Complete Test Kits | \$178 |



Scan to Shop

Save  
**15%**

Find Promo Code Above

One-time use only. Not to be  
combined with any other offer.  
Not valid on gift cards.  
Thru 12-31-21

## Wild Alaskan Halibut

Light, delicious, and easy to prepare

6-oz portions, skinless, boneless

|        |             |       |
|--------|-------------|-------|
| FHP006 | 6 portions  | \$114 |
| FHP012 | 12 portions | \$209 |
| FHP024 | 24 portions | \$379 |



**Free Shipping**  
on orders over \$99



### WILD HALIBUT CHEEKS

Wild Pacific halibut cheeks are sweet and tender, with a texture similar to scallops. Enjoy with a simple preparation. Product of Canada. See page 6 or visit [vitalchoice.com](http://vitalchoice.com)



### SOCKEYE & HALIBUT DUO

Enjoy the light taste of wild halibut with the robust flavor of wild sockeye in our equal-portions combo.

6-oz portions, skinless, boneless  
FSH606 3 of each \$99

Certified



Corporation

This company meets the  
highest standards of social  
and environmental impact



Follow us on social media for recipes, nutrition news,  
contests, giveaways, and more!

**WILD CAUGHT.  
NO CATCH.**

