

Vital Choice

About Vital Choice

Vital Choice is a trusted source for fast home delivery of the world's finest wild seafood and organic fare, harvested from healthy, well-managed wild fisheries and farms.

We back that claim with our **100% Guarantee** ... if you're not delighted, we'll gladly replace or refund your purchase!

Leading [health and wellness experts](#) endorse [Vital Choice](#) as a leading source of [pure](#), [healthful](#), [sustainable](#) foods of exceptional quality ... including our pioneering omega-3 wild Alaskan salmon oil supplements of rare "whole food" character.

We capture the fresh-caught quality of fine, **sustainably harvested Alaskan salmon and other Alaskan and northwest Pacific** seafood by cleaning and flash-freezing it within hours of harvest.

The fisheries that supply most of our seafood are certified sustainable by MSC (look for their blue logo) or the State of Alaska, or are widely considered sustainable.

And to further support lives of health and sustainability, Vital Choice offers selected Organic, Natural, and Kosher foods, picked for their superior nutritional and culinary qualities.

Vital Choice seafood is very low in mercury

All of our fish are free of hazardous levels of mercury, for two reasons:

- We feature species that are inherently low in mercury: salmon, sablefish, sardines, scallops, prawns, and crab.
- We offer only younger, smaller (therefore, minimal-mercury) members of predatory species (halibut and albacore tuna).

The U.S. Food and Drug Administration (FDA) was very conservative in setting the legal limit for mercury at 1 ppm (parts per million), which is 10 times lower than the very lowest level associated with mercury poisoning.

The minuscule amounts of mercury in our fish fall well below, or very far below this conservative safety level.

The Health Benefits of Fish Omega-3s and Human Health

Fish, especially fatty fish like wild Salmon, Tuna, Sardines, and Sablefish are the only abundant food sources of the long-chain omega-3 fatty acids known as EPA and DHA.

The results of countless studies indicate that these vital food factors promote optimal health. (The short-chain omega-3s in plant foods are *not* as beneficial as the omega-3s in seafood).

Visit our [Omega-3 Facts and Sources](#) page to learn more about the types of omega-3s, their role in the body, and the daily intakes recommended by U.S. health agencies and various world health authorities.

The American Heart Association (AHA) says that the ways in which omega-3s reduce the risk of cardiovascular disease are still being studied, and that research shows that omega-3s have the following effects:

- Decrease the risk of arrhythmias, which can lead to sudden death.
- Decrease triglyceride (blood fat) levels.
- Decrease growth rate of atherosclerotic (arterial) plaque.
- Lower blood pressure modestly..

If you click on the picture below you will get 10% off your first order!



VitalChoice
WILD SEAFOOD & ORGANICS
Free Shipping on Orders \$99+

WildPureDelicious
Delivered to your door
Your trusted source for the world's finest wild seafood and organic fare.

NEW CUSTOMERS
10% OFF
Use Code VCAF14