BLUMAR

Health & Nutrition Commitment



As a fishing and salmon company, Blumar S.A. recognizes the importance of promoting health and nutrition as an integral part of our work. We are committed to adopting responsible and sustainable practices that contribute to the well-being of our consumers while also protecting the environment. As part of this commitment, we strive to provide high quality, nutritious, and safe products for consumers.



Taking into account the health and nutrition conditions of the countries where it operates, Blumar is committed to the health and nutrition of its consumers in the following areas:

- 1. Food quality and safety: We ensure that our products meet the highest standards of food quality and safety by implementing stringent procedures, protocols, and quality control systems and good manufacturing practices at all stages of production, from fishing and farming to processing and distribution. To guarantee these qualities, our products are certified ASC, BAP, HACCP, IFS, BRC, Marin Trust, MSC CoC, Kosher, and Halal.
- 2. Nutrition and well-being: We recognize the vital role of a healthy diet in supporting the wellbeing of our consumers. The fish and salmon products that we produce are sources of essential nutrients and high-quality proteins. Salmon is a low-calorie food with high levels of protein and the omega-3 fatty acids EPA and DHA, which reduce the risk of cardiovascular disease and other health problems, in addition to promoting brain health. The FAO has recognized it as a food of excellent nutritional value, offering proteins, vitamins, and minerals. On the other hand, Chilean jack mackerel has a high level of omega-3 acids, proteins, vitamins B, B1, B2, B3, B12, A, and D, as well as minerals such as iron, magnesium, and iodine. Thanks to its nutritional qualities, it reduces the risk of atherosclerosis, as well as heart and blood vessel issues. In addition, jack mackerel boosts the production of red blood cells and supports the performance of the nervous and immune systems.

BLUMAR

Health & Nutrition Commitment



- **3.** Sustainability and environmental protection: We understand the importance of safeguarding ocean ecosystems and guaranteeing the sustainability of marine resources, and we recognize the growing consumer demand for products and foods that are produced using environmentally friendly methods. This is why we are committed to responsible fishing and aquaculture practices that minimize environmental impact and promote biodiversity conservation. We seek to continually reduce our environmental footprint, improve energy efficiency, and use fewer natural resources such as water and fish feed.
- 4. Collaboration and participation: We collaborate with other stakeholders, including regulatory authorities, civil society organizations, academics, and consumers, in order to address challenges related to health and nutrition in the fishing and salmon industry. Through our participation in different associations such as Asipes, Sonapesca, SalmonChile, the Magallanes Salmon Farmers' Association, and the Global Salmon Initiative, we seek opportunities for dialogue and engagement to improve our practices and help promote healthy and sustainable lifestyles in a meaningful way. We will continue to collaborate with the relevant authorities, invest in research, and promote responsible practices to offer fish and salmon products of the highest quality and safety.
- 5. Responsible use of antibiotics: We fully comply with established regulations regarding the use of antibiotics in salmon farming, which has a direct impact on consumer health. By following the indications, withdrawal times, and dosages approved by the health authorities, we make sure that our products are free of trace amounts of antibiotics that could pose a risk to human health. By minimizing exposure to drug residues, we reduce the risk of developing antimicrobial resistance, allowing our consumers to enjoy our products with the confidence that they are purchasing a nutritious and safe source of food. By guaranteeing that these products are free of antibiotic residues, we can ensure that the nutritional benefits are maximized and that our consumers can enjoy a balanced and healthy diet.

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- 6. Research and innovation: We are aware of the need to continue making progress in research and innovation in the field of health and nutrition. We collaborate with nutrition and health experts and invest in the research and development of new technologies, such as in the ICTIO and Pincoy projects, which improve the quality and safety of our products and promote the health and well-being of our consumers. Salmon feed is constantly being innovated and its nutritional profile updated through initiatives such as the Innovative Feed Protocol, which produces feed rich in the omega-3 fatty acids EPA and DHA thanks to sustainable algae oil certified by ASC and MSC, therefore meeting the nutritional requirements of Atlantic salmon for better health, well-being, and quality results for consumers.
- 7. Transparency and traceability: We provide clear and accessible information on the quality, traceability, and nutritional value of our products on their labels so that consumers can make informed choices, reassuring them that our products meet the highest standards of safety and quality.

This commitment reflects our dedication to health and nutrition, and guides all our operations and decisions. We are committed to upholding these principles and continuously improving our practices to meet the expectations of our consumers and contribute to overall social wellbeing.

Nutritional information of our products

Salmon

NUTRITIONAL INFORMATION Serving size: 1 piece (125g) Servings per container: Approx. 126		
	100 g	125 g
Calories (kcal)	208	260
Protein (g)	20	25
Total Fat (g)	13	16
Saturated Fat (g)	3	4
Monounsaturated Fat (g)	4	5
Polyunsaturated Fat (g)	4	5
Trans Fat (g)	2	3
Cholesterol (mg)	55	69
Total Carbohydrate (g)	0	0
Total Sugars (g)	0	0
Sodium (mg)	59	74

Chilean jack mackerel

NUTRITIONAL INFORMATION	
Serving size: 1 piece (100 g)	
	<u>100g</u>
Calories (kcal)	127
Protein (g)	15
Total Fat (g)	8
Saturated Fat (g)	2,4
Monounsaturated Fat (g)	2,8
Polyunsaturated Fat (g)	2,8
Cholesterol (mg)	60
Total Carbohydrate (g)	0,8
Sodium (mg)	115