

**VANLANDSCHOOT AND SONS**  
Dennis Van Landschoot  
E3230 State Rd. M28  
Autrain MI 49806

**REPORT OF ANALYSIS**

For: (56004) VANLANDSCHOOT AND SONS  
Lake Superior White Fish

Analysis	Level Found		Serving Size	Method	Analyst- Date	Verified- Date
	As Received	Units				
Sample ID: <b>062420</b>	Lab Number: <b>8772081</b>					
			<i>100g</i>			
Moisture (convection oven)	77.8	%	77.8 g	AOAC 950.46 (mod)	dad5-2020/06/26	bch0-2020/06/29
Protein	19.5	%	19.5 g	MWL FO 014	lkd8-2020/06/26	alq6-2020/06/26
Fat (ether extraction)	1.4	%	1.4 g	AOAC 991.36 (mod)	krw2-2020/07/01	bch0-2020/07/01
Saturated fatty acids	24.0	% of fat	0.3 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Mono-unsaturated fatty acids	36.2	% of fat	0.5 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Poly-unsaturated fatty acids	39.2	% of fat	0.5 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Trans fatty acids (total)	0.5	% of fat	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Ash	1.3	%	1.3 g	MWL FO 022	dad5-2020/06/30	bch0-2020/07/01
Carbohydrates	< 0.1	%	0 g	Calculation	Auto-2020/07/01	Auto-2020/07/08
Sucrose	< 0.8	% sugar	0 g	AOAC 982.14C (mod)	amw7-2020/06/26	akj2-2020/06/26
Glucose	< 0.8	% sugar	0 g	AOAC 982.14C (mod)	amw7-2020/06/26	akj2-2020/06/26
Fructose	< 0.8	% sugar	0 g	AOAC 982.14C (mod)	amw7-2020/06/26	akj2-2020/06/26
Lactose	< 0.8	% sugar	0 g	AOAC 982.14C (mod)	amw7-2020/06/26	akj2-2020/06/26
Maltose	< 0.8	% sugar	0 g	AOAC 982.14C (mod)	amw7-2020/06/26	akj2-2020/06/26
Total Sugars	< 0.8	% sugar	0 g	Calculation	Auto-2020/06/26	Auto-2020/07/08
Calories			91 Cal	21 CFR PART 101.9 (CALC) *	Auto-2020/07/01	Auto-2020/07/08
Calories from fat			12.6 Cal	Calculation	Auto-2020/07/01	Auto-2020/07/08
Cholesterol	41.1	mg/100g	41.1 mg	AOAC 976.26	alt8-2020/07/02	amw7-2020/07/02

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			<i>100g</i>			
Sodium (total)	225	ppm	22 mg	AOAC 2011.14 (mod)	jdg9-2020/07/02	kkh9-2020/07/05
Potassium (total)	3550	ppm	355 mg	AOAC 2011.14 (mod)	jdg9-2020/07/02	kkh9-2020/07/05
Calcium (total)	216	ppm	21.6 mg	AOAC 2011.14 (mod)	jdg9-2020/07/02	kkh9-2020/07/05
Iron (total)	< 5.0	ppm	0 mg	AOAC 2011.14 (mod)	jdg9-2020/07/02	kkh9-2020/07/05
Vitamin D3 (cholecalciferol)	3.1	µg/kg	0.3 µg/100g	LC/MS/MS	slg7-2020/07/05	amw7-2020/07/05
Sugars (added)	0	g/100g	0 g	Research *	lkd8-2020/07/07	bch0-2020/07/08
Nutritional Label Request	complete	n/a		Inspection *	lkd8-2020/07/07	bch0-2020/07/08
Butyric (C4:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Caproic (C6:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Caprylic (C8:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Capric (C10:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Lauric (C12:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Tridecanoic (C13:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Myristic (C14:0)	0.05	g/100g	50.0 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Myristoleic (C14:1 Trans)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Myristoleic (C14:1 Cis)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Pentadecanoic (C15:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Palmitic (C16:0)	0.21	g/100g	210 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06

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<b>Sample ID: 062420</b>	Lab Number: <b>8772081</b> (con't)					
			<i>100g</i>			
Palmitelaidic (C16:1 Trans)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Palmitoleic (C16:1 Cis)	0.15	g/100g	150 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Heptadecanoic (C17:0)	< 0.010	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
10-Heptadecanoic (C17:1)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Stearic (C18:0)	0.04	g/100g	40.0 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Eliadic (C18:1 Trans)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Oleic (C18:1 Cis)	0.32	g/100g	320 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Linolelaidic (C18:2 Trans)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Linoleic (C18:2 Cis)	0.06	g/100g	60.0 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
gamma-Linolenic (C18:3 gamma)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Nonadecanoic (C19:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
alpha-Linolenic (C18:3 alpha)	0.04	g/100g	40.0 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Arachidic (C20:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
11-Eicosenoic (C20:1)	0.01	g/100g	10.0 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
11-14 Eicosadienoic (C20:2)	0.01	g/100g	10.0 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Homo-gamma linolenic (C20:3)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
11-14-17 Eicosatrienoic (C20:3)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Arachidonic (C20:4)	0.04	g/100g	40.0 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06

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<b>Sample ID: 062420</b>	Lab Number: <b>8772081</b> (con't)					
			<i>100g</i>			
Eicosapentaenoic (C20:5)	0.10	g/100g	100 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Heneicosanoic (C21:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Behenic (C22:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Erucic (C22:1)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Docosadienoic (C22:2)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Docosapentaenoic (C22:5)	0.04	g/100g	40.0 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Docosahexaenoic (C22:6)	0.22	g/100g	220 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Tricosanoic (C23:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Lignoceric (C24:0)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Nervonic (C24:1)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Saturated fat (total)	0.33	g/100g	330 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Polyunsaturated fats (total)	0.53	g/100g	530 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Monounsaturated fats (total)	0.49	g/100g	490 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Trans fatty acids (total)	< 0.01	g/100g	0 g	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Omega 3 fatty acids (total)	0.41	g/100g	410 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Omega 6 fatty acids (total)	0.12	g/100g	120 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06
Omega 9 fatty acids (total)	0.32	g/100g	320 mg	AOAC 996.06	amw7-2020/07/02	akj2-2020/07/06

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REPORT NUMBER

**20-190-4076**

REPORT DATE  
**Jul 08, 2020**

RECEIVED DATE  
**Jun 24, 2020**

SEND TO  
**56004**



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ISSUE DATE  
**Jul 08, 2020**

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Analysis	Level Found		Serving Size	Method	Analyst- Date	Verified- Date
	As Received	Units				

All results are reported on an AS RECEIVED basis., ppm = parts per million, ppm = mg/kg

For questions please contact:

Kailey Parr  
Account Manager  
kparr@midwestlabs.com (402)829-9863

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Lake Superior White Fish 062420

Lab # 8772081  
Report # 20-190-4076

<b>Nutrition Facts</b>	
Varied servings per container	
<b>Serving size</b>	<b>4 oz (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 0mcg	<b>0%</b>
Calcium 24mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 403mg	<b>8%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Disclaimer: Added sugar and beneficial fiber have been calculated based on information provided by the client.*