



## Commitment, Environment and Nutritional Values

### Environnement

The PSK are sensitive and mindful of the eco-systems in the bay of Mt St Michel and, to this extent, have put in place a production system that enables them to be respectful of all the coastal environment while still benefitting from the natural riches generated by the bay that produces the largest tides in Europe.

In 2000, the company was again nominated for the award of Best Site Integration with the Environment, by the Mécenet Bretagne (An association that sponsors Brittany's patronage). Today an advanced project involving solar panels is being analysed and has already received planning permission from the Chief Government Architect in France. Finally, the company has, through its subsidiary, Les Viviers d'Amor, adopted "sustainable fishing" approach for its scallops, which are caught by hand by divers, and a similar approach has been adopted for urchins and razor clams.

### Nutritional Value

The oyster is a low-calorie food and a good source of vitamins B2, B12, B3, A, B5, copper, iron and zinc. Furthermore, the lipid content of the oyster is a good source of vitamins A and D. A single oyster alone contains 40% of your recommended daily intake of this vitamin.

Oysters also contain Omega 3 (AEP and ADH), acting as a precursor to chemicals that benefit the immune system, circulation and hormones.

The PSK are regularly checked by the French Veterinary Services Board, acting for the Ministry of Agriculture, Fisheries and Food.

Contribution to 100 g	(about 2 medium raw oysters)
Calories	81 g
Protein	9,4 g
Carbohydrates	4,9 g
Fat	2,3 g

Source: santé Canada / Institute of Nutraceuticals and Functional foods-Laval University (September 2005)