

# LIVE CALIFORNIA SHEEPHEAD

## *Semicossyphus pulcher*

COMMERCIAL PRODUCT NAME / LIVE SHEEPHEAD  
PRODUCT CATEGORY / LIVE SHEEPHEAD

# DATASHEET

## PRODUCT AND PROCESS DESCRIPTION

**SPECIES:** *Semicossyphus pulcher* is distributed along the Eastern Pacific Ocean, specifically from Point Conception, California (USA) southward to Baja California, Mexico.

**FISHING METHOD:** Trapped using baited traps of approximately 1 m<sup>3</sup> capacity, as authorized by the commercial fishing permit.

**MINIMUM CATCH SIZE PERMITTED:** Specimens over 13 inches in total length.

**AVERAGE ANNUAL PRODUCTION:** 3 tons.

## PRODUCT PRESENTATION:

COFEPRIS certified, and accreditation of processing plants for export to the United States and Asia.

LIVE SHEEPHEAD

**EXPECTED FINAL DESTINATIONS:**  
North America and Asia.

## NUTRITIONAL VALUES

<b>FAT:</b> 5.3 g	<b>IRON:</b> 1.44 mg
<b>PROTEIN:</b> 76.8 g	<b>CALCIUM:</b> 60 mg
<b>ENERGY:</b> 384.00 kcal	<b>SATURATED FATS:</b> 1.2 mg
<b>CHOLESTEROL:</b> 168 mg	<b>MONOUNSATURATED FATS:</b> 1.4 g
<b>CARBOHYDRATES:</b> 0.00 g	<b>POLYUNSATURATED FATS:</b> 1.9 g

## FISHING ZONE AND PRODUCTION PERIOD

Sebastián Vizcaíno Bay, in the northern Pacific zone of Baja California Sur, within certified waters and protected natural areas.



**PRODUCTION PERIOD:**  
April 1st to August 31st.

## CONTACT INFORMATION



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## CERTIFICATIONS

