



# MYTHS URBAN LEGENDS AND THE FACTS

**MYTH:** Pangasius is grown in floating cages in the Mekong River.

**FACT:** This urban legend needs to be put to rest. Modern Pangasius farming now takes place in ponds that are situated close to the Mekong River. Pond culture allows farmers to monitor both water quality and animal health. Cages are no longer used.

**MYTH:** The water used for farming Pangasius is polluted with bacteria, toxins, and heavy metals.

**FACT:** Not true. Because of the newer pond system, most producers and the Vietnamese government test the water that is used for growing Pangasius several times a year. In addition, Sea Port's supplier retains the services of independent testing laboratories that perform tests at least 12 times per year.

**MYTH:** Pangasius is given a diet of feed made from dead fish remnants and bones that are dried and ground into flour.

**FACT:** This is a ridiculous and baseless allegation, designed to frighten people away from enjoying an affordable, delicious, and nutritious fish! The fact is that Vietnam as a "food basket" country has attracted the world's major feed producers, who have set up offices in Vietnam to supply seafood, pork, and poultry producers with safe, tested, and approved feeds. Manufactured feeds now dominate the industry, and include respected companies such as Proconco, Cargill, and CP. The main components of fish feeds are balanced and differ to reflect the nutritional needs of the fish at the various stages of the life cycle. These include wheat, rice, and soybean products, as well as fishmeal from approved sources, vitamins, and minerals. Substances such as antibiotics, drugs, melamine, and other contaminants are tested for regularly and are not allowed.

**MYTH:** Pangasius is a bottom-feeder, just like U.S.-grown catfish.

**FACT:** That is simply false. The fish in the Pangasius family are "top feeders." One bite and you'll know that Pangasius does not have that muddy or murky taste associated with bottom feeders. All you taste is the sweet, mild, delicious flavor that can only be achieved by top feeding and with the highest quality feeds.

**MYTH:** Female fish are injected with hormones derived from human urine so that they can grow faster and produce more eggs.

**FACT:** Sea Port's Pangasius products are all hormone-free.

**MYTH:** Pangasius is industrially farmed.

**FACT:** Sea Port's suppliers are located in the clean countryside. There are no smokestacks, hazardous fumes, industrial factories or any other negative effects that might be implied by the term "industrially farmed" anywhere near their farms. Further, our supplier's farmers test the growing environment daily to ensure our high standards for cleanliness are maintained. The growing and processing methods are entirely eco-friendly.

**MYTH:** Pangasius is teeming with poison, bacteria and hazardous by-products.

**FACT:** This is a ridiculous urban legend. Sea Port's Pangasius is grown in clean ponds, processed in immaculate facilities, and inspected at multiple stages not only to assure high quality, but also to provide assurance that it meets the world's most stringent food safety standards and all USDC standards. Pangasius is sold into markets with the highest and most exacting food safety standards, such as the United States, the EU, and Australia.

**MYTH:** Pangasius is frozen in contaminated river water.

**FACT:** Untrue. Sea Port's processing facilities for Pangasius are pristine and hygienic. Once the fish is filleted, it is packed and frozen under HACCP guidelines that require the most sanitary conditions. The fish are not frozen in water but rather plate-frozen, glazed and then packed.

**MYTH:** Vietnamese Pangasius producers process dead fish.

**FACT:** This is untrue. Pangasius is harvested fresh from the pond. The fish is then sent to the processing facility via boats outfitted with clean water reservoirs. Sea Port's suppliers use humane practices, and only work with freshly harvested fish.

**FACT:** Sea Port's supplier QVD is doing it right. They developed these Myths and Facts for distribution channels to assure the right messages are being presented about Pangasius being farmed in Vietnam.

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to place your order!**

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The image shows the bottom portion of the Sea Port Pangasius product box. It features a 'RECIPE IDEA' section titled 'Sea Port Pangasius Fillet with Soy and Citrus' (Makes 4 servings). The ingredients list includes: 1/2 cup Pangasius Fillets, Sea Port; 1/4 cup Soy Sauce; 1/4 cup Fresh Orange Juice; 1/4 cup Fresh Lemon Juice; 1/4 cup Fresh Lime Juice; 1/4 cup Fresh Cilantro; 1/4 cup Fresh Ginger; 1/4 cup Fresh Garlic; 1/4 cup Fresh Onion; 1/4 cup Fresh Peppercorn. The directions are: '1. In a small bowl, combine soy sauce, orange juice, lemon juice, and lime juice. Whisk together. 2. In a large bowl, combine fillets, cilantro, ginger, onion, and peppercorn. Toss to coat. 3. Heat a grill or grill pan over medium-high heat. Cook fillets for 4-5 minutes on each side. 4. Serve with sauce. Garnish with fresh cilantro, ginger, onion, and peppercorn.' A 'GO BLUE' logo is present. The 'Nutrition Facts' table is also visible, showing values for Total Fat, Sodium, Cholesterol, and Protein. The bottom of the box features logos for 'FARM RAISED', 'HACCP CERTIFIED', 'Quality Assured', and 'PRODUCT OF VIETNAM'.

