



Frequently asked questions

1. What species of Tilapia do you farm?

We exclusively raise *Oreochromis niloticus*.

2. What is in your feed?

Our Tilapia are fed a high-quality plant-based diet. Our proprietary recipe features a blend of plant-based ingredients, including corn, soybeans, grains and palm oil with vitamins, minerals, and amino acids. While predominantly plant-based, our feed does contain a minimal amount of animal protein (less than 5%), mainly fishmeal and fish oil. We work with feed producers to ensure our feed is sourced responsibly, and that feed manufacturers have action plans in place to increase the sustainability of the feed we use.

3. How do you ensure the quality of the lake water?

At every lake where we rear our fish, we have installed our own laboratory, which continuously conducts tests on water quality. It is an essential constituent of our process that the water quality and the environment is protected and preserved, which also ensures high quality for our Tilapia within the supply chain.

In fact, our cages cover less than 1% of the water surface and our regular tests prove that the lake water quality remains unaffected. We comply with all local and national water quality regulations and co-operate both with other lake users and the responsible municipalities to maintain good lake water quality. In addition, regular third-party inspections of lake water quality and several other technical parameters for our lake farming operations are conducted for the ASC and GSA BAP Tilapia certification programs.

4. What does responsible farming mean?

The term “responsibly raised” is critically important, with regard to farmed fish, as it accurately describes the conditions in which those fish are reared. Fish farm operation conditions can differ widely, but importantly, those regarded as responsible raise their fish guided by stringent rules and regulations. These provide assurance to customers and consumers alike that the production of these quality fish products has not negatively impacted on the ecosystems or communities in which the fish were farmed.

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5. How do you work with communities? What are your social programs?

Regal Springs has a long-standing heritage stretching back 30 years, in helping to support and benefit communities in developing or emerging countries. These communities, chosen because of the high water quality of local lakes, tend to be located in remote rural regions, which previously offered fewer job opportunities and less-advanced living conditions. Regal Springs® Naturally Better Tilapia farming operations can then offer improved employment and welfare opportunities.

Our Sustainability Program continues to commit to the principle of developing socioeconomic benefits in co-operation with local communities, building a shared understanding of the benefits generated in the common goal of producing Naturally Better Tilapia. Our 'WE CARE' & Support Community Program currently commits to five pillars of integrated community and lake community support:

- Education
- Health
- Lakes & Water
- Infrastructure
- Reforestation

We fully recognize that fair remuneration for our employees provides a higher standard of living for their families and local communities. This cost structure inevitably requires in turn the support of our valued customers who sell our Naturally Better Tilapia to consumers, since the sales revenue derived provides Regal Springs® the resources to fund our many communities support programs. We believe that this approach helps develop Regal Springs® as a company into a more sustainable and socially inclusive business model, with increased long-term economic and social viability.

6. How do you manage fish welfare?

For us at Regal Springs®, fish welfare is our topmost priority. That means, we are focused on actively managing the health of our Tilapia. To this end, our on-site veterinarians devise and implement detailed fish health management plans. This requires that all relevant staff are trained to monitor the health of our Tilapia, so can intervene if they observe any signs of stress or disease. To optimize fish health and minimise the likelihood of disease, we strictly limit our fish densities, within well-placed net locations, and ensure our Tilapia receive well balanced sustainable nutrition. We have also formed collaborations with highly regarded technical partners to achieve further improvements and adopt best practices in our farming processes, which are targeted to increase the welfare of our fish.

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7. How do you process waste?

It is critical for Regal Springs® to minimize waste within our processes both for environmental and cost considerations. For this reason, we have adopted a 'whole fish' approach, which others describe as a 'zero waste' approach. The much-prized fillets and loins displayed within a retail store represent only a fraction of the whole fish, with many other valuable constituents besides. These include the skins, scales, skeleton, bones, and liver. Many of these can be processed to form part of surprising end-products, such as vitamins, protein and other pharmaceuticals, cosmetics, fertilizers and animal feed. In other words, our 'waste' is translated into a valuable resource.

8. Is your fish organic?

While our fish is not certified as organic, it is definitely raised as naturally as possible. We minimize or avoid entirely the use of chemicals, hormones or antibiotics, in their place preferring to rely on the quality of our waters and surrounding environment to support the growth of our Naturally Better Tilapia.

9. What health benefits do you derive from eating Tilapia?

Tilapia is a great and healthy choice for anyone looking to eat lighter meals or to get more protein-rich fish into their diet. Healthy, because the fish is high in lean protein, but low in calories, fats, and carbohydrates, also gluten-free.

This means that you can enjoy delicious tilapia dishes, acting as a key protein source, in many successful and scientifically supported diet programs, including Mediterranean, Keto, Low-Carb, WW®, Paleo, and Diabetes 2 diet plans, following the recommendation to eat 2 portions of sustainably sourced fish per week as part of a balanced diet. Vitamin B12, magnesium and other essential nutrients all add to the tasty cocktail of 'superfood' benefits, and our rigorous commitment to naturally better quality ensures there are none of those nasty chemicals - or preservatives ... not to forget we're free from those nasty antibiotics too.

10. What is the 'Blue Food movement'?

'Blue food' is food derived from aquatic animals, plants or algae that are caught and cultivated in freshwater and marine environments, as can be viewed at Blue Food Assessment, (<https://bluefood.earth>). This concept has deservedly come under the spotlight through the efforts of the Blue Food Assessment and their partners who are actively promoting the essential role that blue foods, including aquaculture, should increasingly be playing. They are achieving this goal by their extensive research and policy development aimed at supporting healthy, equitable, and sustainable food systems. Regal Springs® is proud to align itself as a company with the blue food movement, recognizing that its founding vision, of feeding the world with sustainably produced Naturally Better Tilapia, forms an integral part of the overall blue food mission.

