

MONKFISH



**It improves
our brain**

Common name: Monkfish

Scientific name: Lophius piscatorius

Flat fish of dark brown color without scales and with a great head where the dorsal eyes are and a fin with a form of worm that serves him to hunt its food: other fish. Long, thick tail with two pectoral fins.



It is fished with nets or cane wires that are placed on the seabed, which is where it lives all year round.

B12

It provides us with vitamin B12, calcium and potassium. This vitamin B12 will be critical in the proper maintenance of neurons and red blood cells.