

Common name: Barnacle

Scientific name: Pollicipes pollicipes

They are cirripede shellfish, crustaceans that have lost the ability to move and live fixed on a substrate. There are 2 parts: the head - composed of small nails that protect the organs - and the peduncle - which covers the muscle.

They are collected every month of the year from the rocks by highly prepared shellfish. We damage many B vitamins, B1, B2, B3, B6 and B12 and **minerals such as iodine, calcium, magnesium, potassium, phosphorus and selenium**, a natural recharge of components of our body.

BARNACLE



**Total recharge
of our body**

