

Common name: Necora
Scientific name: Necora puber

It is a decapod crustacean shellfish. The first pair of legs with 2 pincers is more developed in males. It displays sexual deformity, that is manifested additionally to the previous one, by a more rounded abdomen in the females and narrower and triangular in the males.

It lives on rocks and eats algae, fish and other animals. They are collected at night, in traps left on the seabed and during the months of July to December. It provides us with **minerals and vitamin E**, essential to protect the body B6, omega 3 fatty acids, iodine, phosphorus and zinc.

NECORA



It protects
our body!



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