

# Aquaculture

## THE FEASIBILITY OF USING GAS MIXTURE TO STUN SEABREAM (*Sparus aurata*) BEFORE SLAUGHTERING IN AQUACULTURE PRODUCTION

--Manuscript Draft--

<b>Manuscript Number:</b>	AQUA_2020_3352R3
<b>Article Type:</b>	Research Paper
<b>Section/Category:</b>	Production science
<b>Keywords:</b>	unconsciousness; Stunning; stress indicators; <i>Sparus aurata</i> ; electroencephalogram
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<b>Abstract:</b>	<p>Current European Union regulation explicitly states that farmed fish should be spared any avoidable pain, distress or suffering at the time of slaughter. It has been shown that fish suffer when they are killed in an ice slurry, the most common method of killing farmed fish in the Mediterranean. Thus, it is necessary to find a method of slaughtering Mediterranean fish that is, (1) efficient in inducing unconsciousness with minimal pain and distress, (2) practical to be applied to a large group of animals at the same time, and (3) feasible to be used at sea. The present study assesses the welfare of Gilthead seabream (<i>Sparus aurata</i>) stunned by two different gas mixtures authorised for stunning other farmed species.</p> <p>To achieve this objective, commercial sized seabream were stunned and /or sacrificed under different protocols: a) killed directly in ice slurry, b) exposed to a mixture of 30% CO<sub>2</sub> + 70% N<sub>2</sub>, and then moved to ice slurry and c) exposed to a mixture of 40% CO<sub>2</sub> + 30% N<sub>2</sub> + 30% O<sub>2</sub> and then moved to ice slurry. Electroencephalograms (EEG) were recorded to evaluate the state of consciousness of seabream during stunning, while blood and brains were sampled to obtain acute stress indicators and relative gene expression, respectively. Additionally, dead fish were kept for in situ meat quality evaluation.</p> <p>When exposed to the gas mixtures, fish lost balance at 1min 23s ± 31s with CO<sub>2</sub> + N<sub>2</sub> and 1min 12s ± 32s, with CO<sub>2</sub> + N<sub>2</sub> + O<sub>2</sub>, respectively. Cortisol, lactate and glucose levels were significantly lower in all fish exposed to gas prior to ice slurry than in fish slaughtered directly in ice slurry (p &lt; 0.05). Electroencephalogram records indicated that fish started to lose consciousness when they lost balance and sank to the bottom of the tank. No differences were found in the meat quality (pH and rigor mortis) among the three treatments.</p> <p>Altogether, the study concludes that the use of carbon dioxide together with nitrogen prior to immersion in ice slurry is more humane than ice slurry alone.</p>
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**THE FEASIBILITY OF USING GAS MIXTURE TO STUN SEABREAM (*Sparus aurata*) BEFORE SLAUGHTERING IN AQUACULTURE PRODUCTION**

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15

16 ABSTRACT

17 Current European Union regulation explicitly states that farmed fish should be spared  
18 any avoidable pain, distress or suffering at the time of slaughter. It has been shown that  
19 fish suffer when they are killed in an ice slurry, the most common method of killing  
20 farmed fish in the Mediterranean. Thus, it is necessary to find a method of slaughtering  
21 Mediterranean fish that is, (1) efficient in inducing unconsciousness with minimal pain  
22 and distress, (2) practical to be applied to a large group of animals at the same time, and  
23 (3) feasible to be used at sea. The present study assesses the welfare of Gilthead  
24 seabream (*Sparus aurata*) stunned by two different gas mixtures authorised for stunning  
25 other farmed species.

26

27 To achieve this objective, commercial sized seabream were stunned and /or sacrificed  
28 under different protocols: a) killed directly in ice slurry, b) exposed to a mixture of 30%  
29 CO<sub>2</sub> + 70% N<sub>2</sub>, and then moved to ice slurry and c) exposed to a mixture of 40% CO<sub>2</sub> +  
30 30% N<sub>2</sub> + 30% O<sub>2</sub> and then moved to ice slurry. Electroencephalograms (EEG) were  
31 recorded to evaluate the state of consciousness of seabream during stunning, while  
32 blood and brains were sampled to obtain acute stress indicators and relative gene  
33 expression, respectively. Additionally, dead fish were kept for *in situ* meat quality  
34 evaluation.

35

36 When exposed to the gas mixtures, fish lost balance at 1min 23s ± 31s with CO<sub>2</sub> + N<sub>2</sub>  
37 and 1min 12s ± 32s, with CO<sub>2</sub> + N<sub>2</sub> + O<sub>2</sub>, respectively. Cortisol, lactate and glucose  
38 levels were significantly lower in all fish exposed to gas prior to ice slurry than in fish  
39 slaughtered directly in ice slurry (p < 0.05). Electroencephalogram records indicated

40 that fish started to lose consciousness when they lost balance and sank to the bottom of  
41 the tank. No differences were found in the meat quality (pH and *rigor mortis*) among  
42 the three treatments.

43

44 Altogether, the study concludes that the use of carbon dioxide together with nitrogen  
45 prior to immersion in ice slurry is more humane than ice slurry alone.

46

47 Keywords: Stunning, stress indicators, electroencephalogram, unconsciousness, *Sparus*

48 *aurata*

49

50 1. INTRODUCTION

51 Aquaculture currently provides almost 50% of all aquatic products consumed by the  
52 world's population (FAO 2018), and this proportion is rising due to an increase in the  
53 demand for fishery products when the catches obtained from extractive fishing stagnant  
54 or decline. The Mediterranean species, gilthead seabream (*Sparus aurata*) is one of the  
55 five most cultured species in Europe and the total aquaculture production of sea bream  
56 in 2018 was 89,523 tonnes (FAO 2005-2020). This production is mainly from floating  
57 sea cages.

58

59 At present, there is no legislation in the European Union (EU) to specifically protect the  
60 welfare of farmed fish at slaughter. However, the European Regulation on the protection  
61 of animal welfare during slaughter and killing (Council Regulation EC 1099/2009)  
62 states that animals, including fish, should be spared any avoidable pain, or suffering  
63 during stunning and slaughter. An effective stunning leads to a brain state that is  
64 incompatible with this capacity and persistence of consciousness (EFSA, 2004). If  
65 insensibility is gradually induced, then it should be insured that fish do not the above  
66 mentioned negative states during the induction phase. To date and in accordance with  
67 the scientific literature and EFSA report (2009), there are two alternative methods that  
68 induce immediate loss of consciousness and meet the requirements of the Regulation  
69 1099/2009: (1) stunning by mechanical percussion method followed by bleeding (Van  
70 der Vis et al. 2003) and (2) electrical stunning followed by killing (Van der Vis et al.  
71 2003, Lambooij et al. 2008). The main problem for automated percussive stunning is  
72 variation in the size of fish within the population, which can cause a mis- stun in fish,  
73 especially those weighing less than 1 kg (EFSA, 2009). Electrical stunning is the  
74 method commonly used in trout farms throughout the United Kingdom (HSA, 2018)

75 and, which has been evaluated as safe for workers on these land-based trout farms  
76 (Morzel et al. 2003, Knowles et al. 2007).

77

78 Mediterranean fish farmers, working on the deck of a boat where the harvest is collected  
79 favour a method that requires reduced space and simplicity to safely perform on  
80 thousands of individuals at a time with minimum handling. EFSA (2009) mentioned  
81 that the most common practice of slaughtering sea bream is in ice water ("ice slurry")  
82 and indicated that this method is associated with a long period (minutes) during which  
83 the animal is conscious before unconsciousness and death are achieved. During this  
84 period until unconsciousness, the fish suffers from suffocation, inferred through  
85 physiological and behavioural responses (Kestin et al. 2002, Robb and Kestin 2002,  
86 Van der Vis et al. 2003, Acerete et al. 2009). An alternative stunning method with  
87 potential to be used on boats would be the exposure to water saturated with gas mixtures  
88 such as carbon dioxide (CO<sub>2</sub>) or nitrogen (N<sub>2</sub>). Gas mixtures containing CO<sub>2</sub> induce  
89 hypercapnic hypoxia and inhibit neurones through acidosis. However, CO<sub>2</sub> narcosis is  
90 aversive to fish, which react with violently to high concentrations of with quick  
91 accelerated swimming, thrashing and attempts to escape (Marx et al. 1997, Robb and  
92 Kestin 2002, van de Vis et al. 2003, Sanderson and Hubert 2007). Immobility is reached  
93 within 2-4 minutes, however, fish would experience pain and distress even if unable to  
94 demonstrate it behaviourally (Kiessling et al. 2004). Sea bass (*Dicentrarchus labrax*)  
95 exposed to CO<sub>2</sub> remain conscious for 7-10 min and after this period, unconsciousness  
96 was demonstrated by complete cessation of rhythmic opercular respiratory movements  
97 and heartbeat, absence of VOR (vestibulo-ocular reflex) and pin-prick response (EFSA,  
98 2009). No information was found for seabream exposed to CO<sub>2</sub>, nevertheless an adverse  
99 reaction would be expected and has been observed (personal observation by the

100 authors). The gases argon (Ar), oxygen (O<sub>2</sub>) and nitrogen (N<sub>2</sub>) have been experimentally  
101 used in mixtures with CO<sub>2</sub> in animals almost always terrestrial, such as pigs, broilers or  
102 rats, in an attempt to reduce the stress caused by hypercapnia (Gerritzen et al. 2000,  
103 McKeegan et al. 2007, Kirkden et al. 2008, Coenen et al. 2009, Dalmau et al. 2010, Xu  
104 et al. 2011). These studies concluded that these gas mixtures could be used as stunning  
105 methods which induced fewer signs of aversion and breathlessness than only CO<sub>2</sub> where  
106 gas mixtures are already accepted for poultry and pigs (Council Regulation  
107 EC1099/2009). In land animals, it is known that stunning with CO<sub>2</sub> –based gas mixture  
108 has some advantages: meat quality is better than with using electrical stunning (Dich-  
109 Jørgensen et al. 2016), it is cheaper and readily available and it is compatible with the  
110 speed of operation in large slaughterhouses as animals are stunned in groups  
111 (Eurogroup for animals, 2019). Nevertheless, it is necessary to evaluate and validate  
112 whether the use of these gas mixtures represents an alternative and more humane  
113 method for fish.

114

115 Currently, there is very little information on the assessment of welfare and stress during  
116 the slaughter of Mediterranean species and its impact on meat quality (Van der Vis et al.  
117 2003, Knowles et al. 2007, Acerete et al. 2009, Matos et al. 2010), as there are no  
118 feasible and scientifically validated measures. Conscious animals have the capacity to  
119 receive, process and respond to information from internal and external environments  
120 (EFSA, 2004). Therefore, in general, consciousness is associated with the awake state  
121 and the ability to perceive, interact and communicate with the environment and others  
122 (Zeman, 2001). The opposite state, that is, unconsciousness, is defined as: “a state of  
123 unawareness (loss of consciousness) in which there is temporary or permanent  
124 disruption to brain function”. As a consequence of this disruption, the unconscious



125 animal is unable to respond to normal stimuli (EFSA, 2006). Disruption of brain  
126 function can occur as a result of brain concussion, administration of anaesthetics, anoxia  
127 or an electroconvulsive shock (Lopes da Silva, 1982). To establish whether the  
128 application of gas mixtures can be considered humane, a range of behavioural indicators  
129 (e.g. coordinated swimming and escape behaviours, ability to maintain equilibrium,  
130 “eye roll” reflex, and ventilatory reflexes) can be implemented to evaluate the degree of  
131 consciousness/sensibility in fish (Kestin 2002). However, it has become increasingly  
132 clear that behavioural measures alone are not sufficient to assess insensibility, as some  
133 commercially used methods may induce sedation and/or paralysis without analgesia or  
134 anaesthesia prior to insensibility. Therefore, it is necessary to obtain neurophysiological  
135 or neurochemical evidence of insensibility to ascertain the impact of various  
136 commercial slaughter procedures. One of the most reliable methods of assessing the  
137 state of consciousness is monitoring the brain activity by recording of the  
138 electroencephalogram or EEG (Raj et al. 1997, Rodriguez et al. 2008, Bowman et 2019,  
139 2020, Brijs et al. 2021).

140

141 Measurement of indices of stress can indicate the welfare status of fish (Pickering,  
142 1992). A typical stress response includes plasma glucose and lactate increase (Lowe-  
143 Linde and Niimi 1984, Rotllant and Tort 1997). High levels of cortisol have often been  
144 associated with increases in glycemia and plasma lactate, therefore, blood glucose and  
145 lactate are considered reliable markers of stress in fishes (Pickering et al. 1982,  
146 Simontacchi et al. 2008, Roque et al. 2010). Cortisol is the most informative and  
147 accessible marker of stress in fish (Reddy and Leatherland 1998). Elevated cortisol  
148 levels are thought to have knock-on effects on blood cells and plasma glucose and  
149 lactate; therefore, these variables are also considered representative of the stress status

150 of fish (Rottlant and Tort 1997). Plasma electrolytes are the most commonly measured  
151 indicators of the secondary phase stress response in fish and may provide indirect  
152 measurement of altered cortisol (Reddy and Leatherland, 1998).

153

154 In addition to optimising fish welfare, it is also necessary to evaluate the impacts of the  
155 stunning/slaughter methods on meat quality. From the time of slaughter, the fish carcass  
156 starts a process of deterioration that will condition its commercial possibilities.

157 Considering that the loss of quality related to the perception of freshness attributes will  
158 be inevitable, efforts should be aimed at delaying the process as much as possible.

159 Minimizing peri-mortem stress will reduce the degradation of ATP-related products  
160 (Erikson et al. 1997) and delay the time of occurrence of *rigor mortis* (Erikson 2001) to

161 improve the characteristics of fillets (Robb et al. 2000) and texture (Roth et al. 2002).

162 Therefore, a stunning method that induces loss of consciousness quickly and minimizes  
163 adverse reactions by fish will be favourable not only from the point of view of fish

164 welfare, but also on the quality of the final product (Marx et al. 1997). The effects on  
165 the quality of the fish according to the method of stunning and slaughter have been

166 studied in several species, mainly salmonids (Skjervold et al. 1999, 2001, Bahuaud et al.

167 2010), although there are also studies on gilthead seabream (Panebianco et al. 2006,

168 Giuffrida et al. 2007, Campus et al. 2010, Matos et al. 2010).

169

170 The present study assesses the welfare of seabream stunned with gas mixes that have  
171 been used in other species (chickens, pigs and trout) for the slaughtering of animals in  
172 group. It responds to the legislative requirements as well as a demand from a productive

173 sector. The effects of exposing seabream to CO<sub>2</sub>+O<sub>2</sub>+N<sub>2</sub> and to CO<sub>2</sub>+N<sub>2</sub> were evaluated

174 by recording behaviour (loss of equilibrium) and EEG (to assess consciousness) and by

175 measuring acute stress indicators (cortisol, glucose and lactate). A final evaluation was  
176 made on the meat quality to validate the slaughter protocol verifying if the fillet quality  
177 was maintained or improved.

178

## 179 2. MATERIAL AND METHODS

### 180 2.1. Ethics statement

181 The housing, husbandry and use of animals for the procedures described in this  
182 manuscript were carried out according to Spanish and European legislation. The project,  
183 including this experimental procedure, was approved by IRTA's (Institute of Agrifood  
184 Research and Technology, Caldes de Montbui, Spain) Ethics Committee and the  
185 Catalan government (approval number: 6722).

186

### 187 2.2. Experimental fish:

188 Seabream came to IRTA from a commercial facility at nursery size (2-5 g wet weight)  
189 and were grown for 18 to 24 months in a recirculation aquaculture system (RAS)  
190 (IRTAMar®) at 20-21 °C with 100% saturation of dissolved oxygen and full-strength  
191 seawater. Fish were fed daily with a Skretting diet for their size and species. A total of  
192 72 fish were used for the different experiments which weighed a minimum of 250 g wet  
193 weight and the average size was  $303 \pm 58$  g.

194

### 195 2.3. Experimental procedure:

#### 196 2.3.1. Baseline study (Control fish)

197 Ten seabream were directly chilled in ice slurry to have a baseline control, mimicking  
198 commercial conditions. Time to unconsciousness was not monitored as we considered  
199 that this procedure did not adequately stun and kill the fish. Blood was collected from

200 the caudal vein five minutes after the cessation of breathing, loss of body movements  
201 and absence of reaction during handling. Brains from eight fish were extracted  
202 immediately after blood sampling and kept in -80 °C for further molecular analysis.  
203 After sampling, dead fish were kept inside a 4 °C chamber in ice in perforated recipients  
204 to drain water and used for the *in situ* meat quality analysis. EEG was also performed on  
205 three fish (see below).

206

### 207 2.3.2. Experimental procedure 1: exposure to CO<sub>2</sub>+N<sub>2</sub>+O<sub>2</sub>

208 The experiment was performed with 15 fish exposed to a gas mixture of 40% CO<sub>2</sub> +  
209 30% N<sub>2</sub> + 30% O<sub>2</sub> (Freshline 3 Mix 50/20, Carbueros Metalicos, Spain). Gas mixtures  
210 were selected in these proportions because the mixture was commercially available and  
211 had previously been used in land animals (Llonch et al. 2013). In order to define the  
212 concentrations of gas to be used, we measured the level of CO<sub>2</sub> in the water when the O<sub>2</sub>  
213 was <2 mg /L when using only CO<sub>2</sub>+N<sub>2</sub>. Then the concentration of gas to be used with  
214 the cylinder of CO<sub>2</sub>+N<sub>2</sub>+O<sub>2</sub> was defined by using the same level of CO<sub>2</sub>.

215 A 60 L container with 35-40 L of seawater was used. The gas mixture was bubbled in  
216 the seawater from a gas cylinder attached to a manometer with an airline and an air  
217 stone until the required concentration of gas mixture in the water was achieved. and  
218 Temperature, dissolved oxygen (WTW Oxi 3210) and CO<sub>2</sub> (Handheld OxyGuard CO<sub>2</sub> l)  
219 were continuously measured throughout the experiment. The conditions in the water  
220 were in the range of 36 - 50 ppm CO<sub>2</sub>, 3.8 - 6.1 mg / L O<sub>2</sub>. Temperature of the water in  
221 all experimental procedures was maintained at 21 - 22°C. Fish were exposed to this gas  
222 mixture individually and were left an additional 5 min after having lost balance and  
223 turned belly up. Blood was then collected. A further group of 10 fish was exposed to the

224 gas mixture at the same time for meat quality analysis (more details below) following  
225 the same procedure. Conditions in this case were 38 ppm CO<sub>2</sub> and 7.7 mg / L O<sub>2</sub>.

226

### 227 2.3.3. Experimental procedure 2: exposure to CO<sub>2</sub>+N<sub>2</sub>

228 For this experiment a combination of 30% CO<sub>2</sub> + 70% N<sub>2</sub> (Freshline 30 Alimentacion;  
229 Carburos Metalicos, Spain) was used. The same containers as in experiment 1 were  
230 used and gas was dissolved in the water as previously described. The experiment was  
231 performed in two groups of 15 and 16 fish. First group (N = 15) was used in a similar  
232 exposure as experimental procedure 1 and the second group was used to record the  
233 EEG. The conditions in the water for both groups were in the range of 41 - 57 ppm CO<sub>2</sub>,  
234 0.6 - 1.2 mg / L O<sub>2</sub>, and 69 ppm CO<sub>2</sub>, 2.2 mg / L O<sub>2</sub> respectively for the first and second  
235 group. All the fish were left in the gas mixture 5 min after having rotated belly up and  
236 blood samples were then collected. A further group of eight fish was used *in situ* meat  
237 quality analysis. Conditions in this case were 32 ppm CO<sub>2</sub> and 1.7 mg / L O<sub>2</sub>.

238

239 All treatments, number of fish and samples taken are specified in Table 2 (see Results  
240 section).

241

### 242 2.4. Behavioural responses

243 For the screening experiments, behaviour was the response used to assess whether a fish  
244 was unconscious using the following criteria:

- 245 - The fish lost balance and turned belly up (onset of unconsciousness) (Raj and  
246 Gregory 1996, Dalmau et al. 2016).
- 247 - The fish did not react when strongly grabbed by the caudal fin (Schoettger and  
248 Julin 1967)

249 From when fish lost balance, we waited between 3 and 10 min before transferring the  
250 fish to ice slurry where it died. The exposure to anaesthetic gas was initially 10 min  
251 from the moment when the fish turned belly up. Afterwards, we observed that 5 min  
252 exposure did not change the result, i.e., no fish would react being moved from the water  
253 supplemented with gas to the ice slurry indicating they were in a non-return condition.  
254 Finally, we observed that 3 min was the minimum period of exposure after loss of  
255 equilibrium and turning belly-up to observe no return.

256

## 257 2.5. Electroencephalogram (EEG)

258 To ensure the behavioural responses assessed were synchronised with the  
259 electroencephalographic record, we first evaluated that fish behaved similarly when  
260 exposed to the same conditions. It was verified that the degree of variation in behaviour  
261 and time to perform these behaviours (loss of balance and duration of aversion) among  
262 individuals were not different. For this purpose, groups of three fish, which were not  
263 previously used in any experimental procedure, were exposed to a mixture of CO<sub>2</sub>+N<sub>2</sub> at  
264 the same time, and the latency to turn belly up was measured. The timing when fish  
265 turned belly up within each group was similar and within a 1-2 s period.

266

267 Once we verified the response times were not different between fish exposed to the  
268 same gas mixture, a single water mixture with CO<sub>2</sub>+N<sub>2</sub> was prepared and divided into  
269 two equal tanks for the exposure. Two fish were exposed to the gas mixture at the same  
270 time. One immobilised fish with the EEG record already started (see below) was placed  
271 in one tank at the same time the other fish was liberated in the water of the other tank.  
272 Both fish were treated similarly before being introduced into the tanks with the gas  
273 mixture, netting and time of air exposure were the same, but only the EEG fish was

274 attached to the EEG (see below). The fish liberated to swim freely in the tank was  
275 filmed, therefore obtaining in parallel a behaviour video and an EEG record to correlate  
276 the EEG with the screening behaviour (lose balance and turning belly up). This  
277 experimental design had previously been used and loss of posture was established as the  
278 onset of unconsciousness (Dalmau et al. 2016). The water conditions were: 17.7 °C; 69  
279 ppm CO<sub>2</sub>, 2.2 mg / L O<sub>2</sub>. The experiment was repeated 8 times (8 fish in EEG and 8 fish  
280 free in a tank, N = 16).

281 The QCON Monitor® (Quantum Medical, Spain) is a cerebral consciousness monitor  
282 based on wireless technology that assesses brain activity. From the QCON Monitor®  
283 (QCON Manual version 6, Valencia et al. 2012), the Index of Consciousness (IoC) and  
284 the burst suppression index (BS%) can be estimated to assess unconsciousness during  
285 states of anaesthesia (Litvan et al. 2002). The IoC is an algorithm that analyses the raw  
286 EEG with a unitless scale from 0 (isoelectric EEG, coma) to 99 (awake) (Revuelta et al.  
287 2008). The BS% indicates the percentage of isoelectric activity during the preceding 30  
288 s and also ranges from 0 to 100 (Litvan et al. 2002). The QCON® monitor is currently  
289 used in human patients (Valencia et al. 2012), rabbits (Silva et al. 2011) and pigs  
290 (Llonch et al. 2011).

291

292 In order to record brain activity through EEG, fish were restrained individually by tying  
293 or strapping the fish to a division that was placed in the exposure tank. Two electrodes  
294 (Contell Asset Support, Netherlands) were placed on the animal's skull either side of  
295 the middle line at the point where the brain is located and separated 5 mm from each  
296 other for a transhemispherical electroencephalography (EEG) recording. The reference  
297 electrode was placed in the muscle 2-3 cm below the dorsal fin on the right-hand side of  
298 the fish. Subsequently, the 3 electrodes were connected to a computer by means of a

299 150 cm coaxial cable (QCON monitor; Quantum Medical; Barcelona, Spain) to record  
300 brain activity using EEG as described in EFSA (2013) and Llonch et al. (2015). The  
301 QCON® monitor was then fitted to the electrodes to record EEG data. The data was  
302 transferred to a Personal Computer (Acer, Aspire One) for data to be analysed. The  
303 moment when the fish became unconscious was identified by plotting the log readings  
304 of the brain suppression rate (BS%) and the index of consciousness (IoC) in the same  
305 graph and finding the exact moment where the two lines crossed, which indicated the  
306 point the fish became unconscious. Baseline EEG activity of the animals was recorded  
307 for 1 min, before the animals were placed into the tank and exposed to the gas treatment  
308 and the record was maintained 5 min after the free fish lost balance and turned belly up.  
309 The fish tied to the division were immersed in the exposure tank once the baseline EEG  
310 record was verified to be of good quality. The fish were immersed in the exposure tank  
311 leaving only the top of the head out, where the electrodes entered the skull. As  
312 previously mentioned, the other fish was released in a second exposure tank at the exact  
313 same time EEG fish was placed into an exposure tank, after having been air exposed for  
314 the same amount of time as the EEG fish. EEG is a painful and stressful method for fish  
315 that for ethical reasons should be used on as few fish as possible. Therefore, it was  
316 decided to only perform EEG for the CO<sub>2</sub>+N<sub>2</sub> group that was clearly demonstrated to  
317 induce loss of consciousness and because the results showed no significant difference  
318 between the two gas treatments (see results section). EEG fish were manipulated in the  
319 same manner and after the basal EEG was recorded, they were carefully placed under  
320 the ice slurry leaving the top of the head out.

321

322 2.6. Blood analysis



323 At the end of the two experiments (procedures 1 and 2) and baseline study, blood was  
324 collected ( $\approx 1$  ml) from the caudal vein with 5 mL heparinised syringes with a needle  
325 21Gx 1 1/2". Once the blood samples were collected, the haematocrit was measured and  
326 the plasma was obtained by centrifugation, and subsequently frozen at -80 °C until  
327 further analysis. The parameters analysed were cortisol (meditec kit, ELISA method),  
328 lactate (Abcam kit), glucose (Cromotest kit), magnesium (Cromotest kit) and total  
329 protein (Bradford microplate method). All the kits were used according to the  
330 manufacturer's instructions and if the reaction was to be developed in volumes higher  
331 than 300  $\mu$ L, at the end processed samples were loaded in microplates to facilitate the  
332 reading of the optical density in a plate reader (Tecan, Infinite M200 Series). Each fish  
333 was sampled 5 min after the fish turned belly up.

334

### 335 2.7. Molecular analysis

336 In the end of the two experiments (procedures 1 and 2) and baseline study, whole brains  
337 were extracted from the dead fish and immersed in RNA later and placed for 48h at 4  
338 °C. Brains were then frozen at -80 °C for further analysis. The RNA was extracted from  
339 100 mg of the preserved brains using TRI Reagent RNA Isolation Reagent  
340 (SigmaAldrich, Germany) following manufacturer's instructions. The cDNA was  
341 synthesized using 1  $\mu$ g of total RNA and oligo dT (20) in 20  $\mu$ L reactions and the  
342 SuperScript1 III First-Strand Synthesis SuperMix 50 rxn kit (Invitrogen, Life  
343 technologies, USA) following the manufacturer's protocol. Before performing the rt-  
344 qPCR, primers (Table 1) were validated by conventional PCR using a cDNA pool from  
345 all the samples.

346

347 Table 1. Primers used in this study specific for seabream species.

Gene name	Amplicon size	Primer sequence (5'→3')	Accession number	Reference
<i>18s rRNA</i>	134 bp	F: GCA TTT ATC AGA CCC AAA ACC R: AGT TGA TAG GGC AGA CAT TCG	AY993930	Perez Sanchez et al. 2011
<i>ef1a</i>	134 bp	F: CCC GCC TCT GTT GCC TTC G R: CAG CAG TGT GGT TCC GTT AGC	AF184170	Perez Sanchez et al. 2011
<i>gapdh</i>	111 bp	F: ATCAAGAAGGTCGTCAAGGC R: AGATGGAGGAGTGGCTGTC	DQ641630	Malandrakis et al. 2014
<i>hsp70</i>	174 bp	F: ATT GTT CTG CGC ATC ATC AA R: GCC TCC ACC AAG ATC AAA GA	EU805481	Benhamed et al. 2016
<i>COX2</i>	192 bp	F: GAG TAC TGG AAG CCG AGC AC R: GAT ATC ACT GCC GCC TGA GT	AM296029	Sepulcre et al. 2007

349

350 MyTaq™ HS Mix (Bioline) was used to run the conventional PCR with the following  
351 conditions: initial activation step at 95°C for 3 min, followed by 40 cycles: denaturation  
352 at 95 °C for 5 s, annealing at Tm (58–60°C) 95 °C for 15 s and extension at 60°C for 1  
353 min and 95 °C 15 s, hold 50 °C 10 min. Primer efficiency was evaluated by serial  
354 dilutions to ensure that it was close to 100% performing real time PCR. Target  
355 transcripts (*gapdh*, *ef1a* and *hsp70*) were analysed by real-time quantitative PCR (rt-  
356 qPCR) (see primers in Table 1). The qPCR was run using a Biometra Optical  
357 Thermocycler (Analytik Jena, Goettingen, Germany) in 96-well plates in duplicate 20  
358 µL reaction volumes containing 10 µL of Luminaris Color HiGreen qPCR Master Mix

359 (Thermo Scientific), 1  $\mu$ L of the primer corresponding to the analysed gene (10 pmol), 3  
360  $\mu$ L of RNA/DNA water free and 5  $\mu$ L of cDNA in its corresponding dilution.  
361 Furthermore, amplifications were carried out with a systematic negative control (NTC;  
362 no template control) containing no cDNA. Standard amplification conditions contained  
363 an UDG pre-treatment at 50°C for 2 min, an initial activation step at 95°C for 10 min,  
364 followed by 35 cycles: 15 s at 95°C, 30 s at the annealing  $T_m$  and 30 s at 72°C.  
365 Elongation 1 min 95 °C, 30 s 55 °C and 30s 95 °C. Results were normalised using the  
366 housekeeping gene *18S*. The mRNA abundance for each gene was determined using the  
367 Pfaffl method (Pfaffl, 2001) on relative quantification.

368

#### 369 2.8. *In situ* meat quality analysis

370 *In situ* meat quality analysis data was collected from 8 fish per treatment where two  
371 parameters were assessed:

372 a) pH. Measurements were made with a pH meter (pHmeter Crison pH25+)  
373 attached to a probe which was inserted in a cut made in the muscle with a  
374 scalpel. The side of the fish where the cut was made was changed at each  
375 measurement. Measurements were taken at 0, 2, 6, 10, 24, 48 and 72h  
376 *postmortem*.

377 b) *Rigor mortis* (RM). Measurements were made at the same time as pH  
378 measurements. Rigor development was monitored by carefully placing the fish  
379 on a plane surface with two thirds of its length beyond the edge of the surface,  
380 i.e. without support provided by the surface. The sag of the tail from the  
381 horizontal plane was recorded after five seconds and the rigor index calculated:  
382 Rigor index (%) = 100 (current height – height before entering rigor) / height

383 before entering rigor. The fish was then carefully replaced back inside their box  
384 until the next measurement.

385

386 For the *in situ* meat analysis fish were kept in polystyrene boxes and placed inside a 4°C  
387 camera, but the actual measurements were performed at room temperature

388

### 389 2.9. Statistical analysis

390 The data obtained from the QCON monitor (IoC and BS%) were analysed using linear  
391 general models, with Proc Mixed proceeding for repeated measures of SAS (SAS 9.4).

392 In both cases, the variables were submitted to symmetrical composition covariance  
393 structure (CS). When the variance analysis showed significant differences ( $p < 0.05$ ),  
394 the comparison of least square mean values (LSMEANS) was adjusted to Tukey  
395 multiple comparison test (Rodriguez et al. 2008, Dalmau et al. 2016).

396 One-way ANOVA on ranks was used to detect differences among treatments for the  
397 blood parameters analysed. Multiple comparisons were made with the Dunn's method.

398 Although time to loss of balance could be assessed as an independent variable for the  
399 gas treatments, this was not possible for the control group thus a *t-test* was made to see  
400 if the time take to lose balance was significantly different between the two gas  
401 treatments. Another *t-test* was also performed for the moment when the values of the  
402 IoC and the BS% in the EEG crossed versus the moment when the free fish lost balance.

403 All these variables fulfilled the requisites for the use of a parametric test.

404 A repeated measures (RM) two-way ANOVA was performed to verify the meat quality  
405 indexes did not change with the stunning with gases. The two factors were treatment  
406 and time. Meat quality values were not normally distributed and the homoscedasticity  
407 test was not passed for either parameter, we still preferred to this test instead of ranked

408 one way ANOVA for each point in time. All ANOVAs and *t-tests* were performed  
409 using Sigmaplot (version 12.0).

410 Level of significance in all statistical tests was considered lower than 0.05 (*P-value* <  
411 0.05).

412

### 413 3. RESULTS

414 Fish were successfully stunned and killed by both gas treatments. Average times per  
415 treatment for fish to lose balance and turn belly up varied from 1 to 3 minutes with  
416 gases to 52 minutes in ice slurry (Table 2). The longest and shortest periods of time  
417 passed **between exposure to treatment and loss of posture** are shown in table 2. This  
418 table also lists the type of samples taken from each group of fish. In the case of ice  
419 slurry, it was difficult to evaluate when fish were unconscious and therefore, we decided  
420 to present the results of when fish were dead. In the case of exposure to gas mixtures,  
421 fish started to swim calmly around the tank and between 30 to 80 seconds later, all fish  
422 became aware of their situation displaying signs of aversion for periods of around 10 to  
423 12 seconds just immediately before losing balance and turning upside down. Signs of  
424 aversion were a very strong acceleration of swimming and raising the head out of the  
425 water, but not jumping. Once fish had turned belly up and did not move, tail grabbing  
426 was applied without any reaction from the fish. Time elapsed from entering the tank  
427 until loss of posture and balance was  $01:12 \pm 00:32$  for fish exposed to  $\text{CO}_2+\text{N}_2+\text{O}_2$  and  
428  $01:23 \pm 0:31$  for fish exposed to  $\text{CO}_2+\text{N}_2$ . A t-test indicated no differences ( $P > 0.1$ )  
429 between the time elapsed until loss of balance in both gas treatments.

Table 2: Time elapsed for fish to turn belly up according to the experimental procedure.

<b>Treatment</b>	<b>Ice slurry (N=10)</b>	<b>CO<sub>2</sub>+N<sub>2</sub>+O<sub>2</sub> (N= 15)</b>	<b>CO<sub>2</sub>+N<sub>2</sub>+O<sub>2</sub> (N=8) (a)</b>	<b>CO<sub>2</sub>+N<sub>2</sub> (N=15)</b>	<b>CO<sub>2</sub>+N<sub>2</sub> (N=8) (a)</b>	<b>CO<sub>2</sub>+N<sub>2</sub> (N=16)</b>
<b>Concentration (ppm)</b>	—	36 - 50 CO <sub>2</sub> , 3.8 - 6.1 O <sub>2</sub>	38 CO <sub>2</sub> , 7.7 O <sub>2</sub>	41 - 57 CO <sub>2</sub> , 0.6 - 1.2 O <sub>2</sub>	32 CO <sub>2</sub> , 1.7 O <sub>2</sub>	69 CO <sub>2</sub> , 2.2 O <sub>2</sub>
<b>Mean± SD (mm:ss)</b>	52:00 ± 10:00*	01:12 ± 00:32	01:23	01:23 ± 0:31	01:29	03:03± 0:38
<b>Max (hh:mm:ss)</b>	01:13:00	02:15	01:23	02:45	01:29	04:12
<b>min (mm:ss)</b>	36:00	00:25	00:59	00:40	00:50	02:15
<b>Other samples</b>	Meat, Blood, RNA	Blood and RNA	Meat	Blood and RNA	Meat	EEG

(a) This group was exposed at the same time and this value corresponds to the last fish that moved.

\* Time until death.

Max = the longest period recorded in a fish to turn belly up in a particular treatment.

min = the shortest period recorded in a fish to turn belly up in a particular treatment.

SD = standard deviation.

328 The IoC-view® recordings were successful in 7 animals assessed out of 8 exposed to  
 329 CO<sub>2</sub>+N<sub>2</sub>. One pair of fish from the exposure to CO<sub>2</sub>+N<sub>2</sub> was discarded due to bad  
 330 reading. The mean (± SD) basal IoC was 90.2 (± 11). The IoC started to decrease  
 331 significantly ( $P < 0.05$ ) at 63 (± 20.2) s after placing the fish in the water saturated with  
 332 the gas mixture (IoC = 89 [± 3.7]). It continued decreasing and reached its lowest value  
 333 on average (IoC = 2) at 343 (± 203.99) s after the start of the exposure to the saturated  
 334 water (Table 3).

335

336 The mean (± SD) basal BS% was 0. The BS% started to increase significantly ( $P <$   
 337  $0.05$ ) at 63 (± 20.2) s after placing the fish in the water saturated with the gas mixture. It  
 338 continued increasing and reached its highest value on average (BS% = 94) at 379 (±  
 339 182) s after the start of the exposure to the saturated water.

340 All basal EEG were significantly different from the final readings for both IoC and  
 341 BS% ( $p < 0.05$ ).

342

343 Time of unconsciousness by EEG was 3:07 ± 1:17 and to loss of balance (turning belly  
 344 up) was 3:03 ± 0:38 which was statistically the same with  $P = 0.89$ .

345

346 Table 3 Time elapsed to loss of consciousness (EEG) of seabream exposed to CO<sub>2</sub>+N<sub>2</sub>.

347

Fish	IoC value at start	1) IoC decrease (mm:ss)	2) Loss of consciousness (mm:ss)	3) Loss of balance (mm:ss)
1	67	02:57	05:00	04:12
2	95	01:10	02:45	02:15



3	88	00:01	02:30	03:04
4	91	00:11	03:00	03:04
5	99	00:20	02:38	02:52
6	98	00:50	01:20	02:30
7	97	01:57	04:42	03:25
8	99	00:50	07:50	NA
9	91	00:10	02:50	NA
10	99	01:01	08:11	NA

348

349 The moment when fish lost consciousness was estimated by plotting the log of the  
350 readings as shown in Figure 1. Values of BS% would raise sharply from 0 to close more  
351 than 80 in seconds as the IoC started decreasing (see Figure 1).

352 1) Moment when IoC starts to decrease significantly (mm:ss)

353 2) Moment when fish lost consciousness according to EEG signal (mm:ss)

354 3) Moment when the free fish lost balance and turned belly- up (mm:ss)

355 NA- Fish were under a layer of ice slurry and could not be observed.

356 For the 7 pairs of fish exposed in parallel, a *t-test* indicated the moment where the  
357 values of IoC crossed the BS% values was not significantly different from the moment  
358 when fish lost posture and balance ( $p > 0.1$ ).

359

360 Blood parameters mean values exhibited variation between treatments. Haematocrit  
361 varied from 71.4 % (CO<sub>2</sub>+O<sub>2</sub>+N<sub>2</sub>) to 40.3 % (ice slurry); Glucose from 14.09 (CO<sub>2</sub>+N<sub>2</sub>)  
362 to 247.3 g/dL (Ice slurry); Cortisol from 2.48 (CO<sub>2</sub>+N<sub>2</sub>) to 474.1 nmol/uL (Ice slurry);  
363 Lactate from 0.464 (CO<sub>2</sub>+O<sub>2</sub>+N<sub>2</sub>) to 12.44 nmol/mL (ice slurry); Protein from 5.29  
364 (CO<sub>2</sub>+N<sub>2</sub>) to 18.26 mg/mL (CO<sub>2</sub>+O<sub>2</sub>+N<sub>2</sub>); Magnesium from non-detected (ND, CO<sub>2</sub>+N<sub>2</sub>)

365 and CO<sub>2</sub>+O<sub>2</sub>+N<sub>2</sub>) to 9.86 mg/dL (CO<sub>2</sub>+O<sub>2</sub>+N<sub>2</sub>). Statistical analysis showed that in  
 366 general treatment with ice slurry was significantly different from exposure to gas  
 367 mixtures for the following parameters: cortisol, glucose, lactate and magnesium (P <  
 368 0.05, Table 4).

369

370 Table 4 Biochemical plasmatic parameters measured in fish from the different  
 371 treatments and control.

372

Treatment	Haematocrit %	Glucose g/dL	Cortisol nmol/uL	Lactate nmol/mL	Protein mg/mL	Magnesium mg/dL
Ice slurry	51.0±1.7	145.8±16.5	109.5±38.9	521±28.6	14.6±0.31	2.7±0.7
CO <sub>2</sub> +O <sub>2</sub> +N <sub>2</sub>	52.4±6.8	135.3±41.9	41.9±41.1*	60.6±34.1*	15.5±1.67	4.36±2.11*
CO <sub>2</sub> +N <sub>2</sub>	50.8±4.9	79.1±14.1*	35.7±32.2*	132.5±31.5*	13.7±3.2	5.02±1.76*

373 \* indicates the treatment is significantly different from the direct exposure to ice slurry (control).

374

375 Relative gene expressions were estimated using *18S* gene as the housekeeping gene.  
 376 Relative gene expression had a very high variation both intra and inter groups and no  
 377 differences were obtained between treatments. The gene expression results have been  
 378 included as supplementary material.

379

380 The pH started descending as soon as the fish were dead although in the fish killed with  
 381 ice slurry this decrease was slower. Initial values of pH were 7.21 ± 0.14, 6.83 ± 0.16  
 382 and 6.74 ± 0.15, and they decreased until 72h where pH values were 6.41 ± 0.07, 6.38 ±  
 383 0.12, 6.35 ± 0.05 for slaughtering in ice slurry, exposure to CO<sub>2</sub>+N<sub>2</sub>+O<sub>2</sub> and exposure to  
 384 CO<sub>2</sub>+N<sub>2</sub>, respectively. Meat will be of better quality when the pH is lower (Love, 1980),

385 after 72h there were no differences among treatments (Figure 2A). Again from 8 hours  
386 onwards all treatments showed a parallel pH progress.

387

388 The experimental gas mixture treatments used induced a faster instauration of *rigor*  
389 *mortis* (RM) when compared to killing directly in ice slurry. The later the instauration  
390 of RM the better, so that there is time to process fish (Figure 2B). At 2 hours, RM was  
391 the following  $37.94 \pm 20.12$ ,  $79.22 \pm 20.41$ ,  $81.87 \pm 5.66$  for killing in ice slurry,  
392 exposure to  $\text{CO}_2+\text{N}_2+\text{O}_2$  and exposure to  $\text{CO}_2+\text{N}_2$ , respectively. This meant that, after  
393 2h the group of fish placed directly in ice slurry was the only group that had not entered  
394 RM phase, however from 8h onwards all groups showed a parallel RM evolution. At  
395 72h, RM values were  $68.03 \pm 8.91$ ,  $67.67 \pm 17.74$ ,  $71.63 \pm 7.22$  for slaughtering in ice  
396 slurry, exposure to  $\text{CO}_2+\text{N}_2+\text{O}_2$  and exposure to  $\text{CO}_2+\text{N}_2$ , respectively.

397

#### 398 4. DISCUSSION

399 The aim of this study was to evaluate the effectiveness of two gas mixtures to be used as  
400 a method to stun Mediterranean fish from aquaculture production using seabream as a  
401 model species. Most fish took less than 1 minute and 30 seconds to initiate loss of  
402 equilibrium, irrelevant of the gas mixture. In the exposure to  $\text{CO}_2+\text{N}_2$ , an EEG  
403 demonstrated that fish start losing consciousness at the point they lose balance and turn  
404 upside down. Thus, fish losing balance and turning upside down might be defined as the  
405 moment when fish start losing consciousness. In practice, these behavioural responses  
406 can be used an operational indicator for stunning and killing fish. Nevertheless, fish can  
407 only be considered properly stunned 3 minutes after having lost balance, since it is  
408 important to ensure they will not recover when moved to the ice slurry, in order to  
409 ensure the welfare of all fish. However, this suggestion must be taken with caution due

410 to the reduced number of fish used in the experiment. At this point, soon (5 minutes)  
411 after losing balance and consciousness some fish were blood sampled for primary  
412 indicators of stress (glucose, cortisol and lactate) and significant differences were found  
413 between fish killed directly in ice slurry *versus* fish exposed to the gas mixture. In  
414 addition, *in situ* meat analysis was not different among treatments leading us to  
415 conclude that flesh quality is not affected by introducing this stunning method. Both  
416 mixtures seemed to induce similar reactions and no differences between treatments were  
417 perceived.

418

419 To our knowledge, there is no data available on stunning seabream with gas mixtures.  
420 However, Zampacavallo and collaborators (2003, 2015) stun-killed seabass in ice water  
421 saturated with 60% CO<sub>2</sub> + 40% N<sub>2</sub> and with 30% CO<sub>2</sub> + 70% N<sub>2</sub>, respectively. In their  
422 studies, the authors confirmed a significant reduction in the time take to achieve death  
423 from 20 minutes to 6 and 10 minutes respectively.

424

425 In the present study, no treatment rendered the fish unconscious in an immediate  
426 manner. Nevertheless, fish only displayed aversion to their situation for 10-12 seconds  
427 immediately before turning belly up and showing signs of losing consciousness. This  
428 aversion moment has been observed in other species where gas mixtures were used for  
429 stunning (Llonch et al. 2013, Dalmau et al. 2016, Verhoeven et al. 2016). The time  
430 which fish were, most likely, in a situation that impaired their welfare were those 10  
431 seconds before the fish started to lose consciousness. In the beginning of the exposure,  
432 fish swam calmly around the tank. Exposure to CO<sub>2</sub> alone is problematic since fish  
433 display several signs of aversion (Van der Vis et al. 2003, Erikson 2011, Roque  
434 personal observation), however, adding N<sub>2</sub> and / or O<sub>2</sub> has been suggested to mitigate

435 this aversion (Gerritzen et al. 2000, McKeegan et al. 2007, Kirkden et al. 2008, Coenen  
436 et al. 2009, Dalmau et al. 2010, Xu et al. 2011). All these studies showed that mixing  
437 gases with N<sub>2</sub> worked better than CO<sub>2</sub> alone for the species concerned (EFSA, 2009).  
438 The addition of oxygen (O<sub>2</sub>) for Artic char did not increase time to loss of balance  
439 showing that O<sub>2</sub> does not antagonise the anaesthetic capacity of CO<sub>2</sub> (Sandblom et al.  
440 2013).

441

442 Rodríguez et al. (2008) and Llonch et al. (2011) concluded that a significant decrease in  
443 the electrical activity of the brain is considered a sign of the onset of unconsciousness in  
444 pigs. This is also the case for rabbits (Dalmau et al. 2016). Moreover, EFSA's review  
445 (2013) clearly states that changes in EEG power are considered a good indicator of  
446 brain activity in studies where animals were stunned with gas. In the present study, an  
447 IoC significantly lower than basal values occurred from a few seconds to nearly 3  
448 minutes after the immersion in a bath containing a mixture of CO<sub>2</sub> and N<sub>2</sub>. The  
449 experiment showed that fish lose consciousness, with the IoC decreasing as the BS%  
450 increased. According to the manufacturer's manual a IoC between 0 and 40 corresponds  
451 to deep anaesthesia in humans, but as the device was not developed for fish species, we  
452 never finished the record with a IoC < 5 to ensure the fish was at a point of no return.  
453 Van der Vis et al. (2003) observed a difference of approximately 5 minutes between a  
454 salmon exposed to CO<sub>2</sub> losing balance and being declared unconscious by losing the  
455 VER. In the present study, the mean time difference between loss of balance and IoC  
456 value being lower than BS% was 4.87 s. Nevertheless, we still used loss of balance as  
457 the operational indicator of unconsciousness as it is very easy to appreciate even when  
458 observing a group of fish instead of individual fish, where other indicators such as VER  
459 would be difficult to appreciate. Still, as stated in material and methods section, fish

460 were left in the exposure tanks for a minimum period after having lost balance, in order  
461 to ensure they could not react or recover. Timings in this experiment were longer than  
462 those when just observing fish and this is most likely explained by a longer handling  
463 procedures. Both fish (free swimming and EEG fish) were outside the water for more  
464 than one minute (setting up of the EEG and one-minute record) and this increases the  
465 level of stress in the fish making it more difficult for them to anaesthetise (Zahl et al.  
466 2013).

467

468 Acute stress parameters (glucose, cortisol and lactate) were significantly higher in fish  
469 sacrificed directly in ice slurry implying that this treatment was more stressful for fish.

470 A typical stress response includes plasma glucose and lactate increase (Lowe-Linde and  
471 Niimi, 1984; Rotllant and Tort 1997). High levels of cortisol have often been associated  
472 with increases in glycemia and plasma lactate; therefore, blood glucose and lactate are  
473 considered reliable markers of stress in fishes (Pickering et al., 1982; Simontacchi et al.  
474 2008; Roque et al. 2010). Cortisol response peaks after 2.5 to 60 minutes (Pankhurst  
475 2011) and present experimental design follows previous literature demonstrating  
476 significant differences among treatments (Zampacavallo et al. 2003, 2015, Daskalova et  
477 al. 2016, Gräns et al. 2016). In Arctic char exposed to a mixture of CO<sub>2</sub> + O<sub>2</sub> (50-50),  
478 cortisol increased significantly from basal levels only 30 minutes post exposure  
479 (Sandblom et al. 2013), which would not be a problem in the present study since fish  
480 would be dead by then. This delayed cortisol response could be related to long deep  
481 anaesthesia (Sandblom et al. 2013) which makes these mixes fit for the purpose of this  
482 study. In the present study, no recovery investigation was made since the purpose was  
483 an irreversible stunning method and personal observations established that seabream  
484 weighing between 250-500 g (commercial size) do not recover if exposed to the gas

485 mixture for at least 3 minutes after they lost the balance. In the present study, stress  
486 parameters were measured 5 minutes after fish had lost balance and consciousness and  
487 demonstrated that fish in ice slurry had higher levels of stress at this point. However, the  
488 time period to this point was different in different treatments and show to be much  
489 longer in ice slurry (52:00 ± 10:00 m). It cannot be discounted that the stress response  
490 was similar across treatments but had more time to develop in the ice slurry treatment.  
491 This also seems to be the case with seabass where fish stunned in ice water saturated  
492 with CO<sub>2</sub>+N<sub>2</sub> and sampled 30 to 60 minutes later, presented much higher values than in  
493 present case (Zampavallo et al. 2003, 2015). However, clearly at the point of loss of  
494 consciousness ice slurry fish had higher levels that can indicate higher stress and these  
495 ice slurry fish had a considerably longer period (52:00 ± 10:00 m) in this stressful state  
496 before losing consciousness compared to the < 4 minutes registered in gas treatments.  
497 Magnesium was significantly higher in the fish exposed to gases, and this is most likely  
498 due to acidification of water and blood by the CO<sub>2</sub> (Shrivastava et al. 2019) and fish  
499 must compensate for the blood acidosis. The significant alteration in plasma ions as  
500 magnesium in fish exposed to gas mixture might represent disturbances in acid-base  
501 balance, oxygen and carbon dioxide transport (Roque et al. 2010). This result was in  
502 accordance with the findings of Tort et al. (2003).

503

504 Longer awareness of the fish killed in ice slurry is probably the explanation of the  
505 increase in glucose, since this results as a response to the release of stress-induced  
506 hormones in the blood circulation, which trigger muscle or liver glycogenolysis,  
507 releasing glucose for the increased energy requirement during stress (Eslamloo et al.  
508 2014). This increased energy demand also leads to the increment of blood lactate,  
509 caused by the anaerobic activity of muscles (Wang and Richards 2011, Zampacavallo et

510 al. 2003) and hypoxic stress (Eslamloo et al. 2014) in the case where the gas mix did not  
511 contain oxygen.

512

513 The gene expression (supplementary data) in relation to the treatments was very  
514 variable and no conclusions could be drawn. On reflexion, we realise the very short-  
515 term exposure to the experimental treatments (stunning lasting less than 2 minutes)  
516 most likely did not induce a marked response on the synthesis of mRNA and thus we  
517 would be measuring more than anything the pre-stunning *antemortem* period which was  
518 common to all the fish. The differences would then be explained by the individuality of  
519 the fish (Jolles et al. 2020) where even though the fish had been exposed to the same  
520 circumstances, the individual fish varied either the response or at least the abundance of  
521 the response. The mRNA had high quality when measured by spectrophotometry and  
522 visualised in a gel, however, it must be pointed that some mRNA are very short lived, 5  
523 to 10 minutes (Guaniyogi and Brewer 2001), and the fish were kept in the water five  
524 minutes before sampling. Another aspect to potentially contribute to this situation, was  
525 that the fish were stunned in a very hypoxic environment which leads to an increase of  
526 ATP and consequently to cellular degradation, including the mRNA. Many studies use  
527 sacrifice in anaesthesia as the negative control, a decision was taken that for the present  
528 study such control would not be used because there is a vast amount of literature  
529 demonstrating the use of anaesthesia is not without stress for the fish (Toni et al. 2015,  
530 Bodur et al. 2018, Freitas Souza et al. 2019, Teles et al. 2019). Slaughtering the fish by  
531 hitting them on the head would be a solution to this, unfortunately this is not feasible  
532 when you need to sample the brain and cutting of the spinal cord leaves the heart and  
533 the brain in most cases on the same half of the fish which is not a good situation from a  
534 consciousness perspective.



535

536 In the present study, the treatment did not seem to affect the meat quality. This was  
537 slightly surprising because the fish in the ice slurry treatment were more stressed than  
538 the ones submitted to gas exposure according to the blood parameters. In fact, at the  
539 beginning (2 hours), both meat quality parameters had better values for the fish killed  
540 directly in ice slurry (pH: 7.01 versus 6.75 and 6.79, *rigor mortis*: 37.94 versus 79.22  
541 and 81.87 for ice slurry, CO<sub>2</sub>+N<sub>2</sub>+O<sub>2</sub> and CO<sub>2</sub>+N<sub>2</sub>, respectively). For both parameters,  
542 these values are similar to those previously reported in the literature for seabream  
543 (Tejada and Huidobro 2002) and similar to seabass (Zampacavallo et al. 2003, 2015).  
544 When fish are stressed during crowding, they deplete their energy reserves prior to  
545 slaughter and *rigor mortis* occurs sooner than when the fish have been crowded  
546 carefully. A delayed *rigor mortis* allows processing to take place before rigor occurs  
547 (Sigholt et al. 1997). With early *rigor mortis* the flesh can be difficult to process,  
548 reducing both the yield and flesh quality and resulting in a shorter shelf-life (Morzel et  
549 al. 2003). *Rigor mortis* is characterised by a progressive rigidity of the body due to a  
550 reduction of ATP levels in the muscle. Thus, an intense stress *antemortem* will increase  
551 the anaerobic metabolism which will consume energy reserves and will accelerate both  
552 the start and the resolution of the *rigor mortis* (Nakayama et al. 1992, Eriksson et al.  
553 1997, Sigholt et al. 1997, Robb 2001). Under stressful conditions, there will be an  
554 accumulation of lactic acid in the muscle that will induce a reduction of the pH during  
555 sacrifice. This pH reduction will contribute to a faster *postmortem* drop of the muscle  
556 pH in the stressed fish. However, this was not the case in the present study. Even  
557 though, the muscle pH in ice slurry treatment was higher for the first 2 hours  
558 *postmortem*, from 8 hours onwards there were no differences among treatments  
559 indicating that if stunning was not improving the quality of the meat, it did not

560 significantly deteriorate it, which was also in accordance with studies in other fish  
561 species, such as Atlantic salmon (Sigholt et al. 1997) and eels (Morzel and Van der Vis,  
562 2003). Flesh pH is considered a good indicator of the muscle texture (Love, 1980) and  
563 of the shelf-life of the fish (Foegeding et al. 1996, Zampacavallo et al. 2003, 2015).  
564 *Postmortem* muscle pH is around 7 and then it decreases to 6.5 or less due to lactic acid  
565 accumulation.

566

567 Altogether, the results obtained in the present study suggested that both gas mixture  
568 treatments, CO<sub>2</sub>+N<sub>2</sub>+O<sub>2</sub> and CO<sub>2</sub>+N<sub>2</sub>, have a high feasibility to be used as stunning  
569 method by the aquaculture industry to preserve the welfare of a Mediterranean fish  
570 species like gilthead seabream.

571

## 572 5. CONCLUSIONS

573 Although stunning with gas mixtures is not an immediate stunning method for  
574 seabream, the exposure to either 30% CO<sub>2</sub> and 70% N<sub>2</sub>, or 40% CO<sub>2</sub>, 30% N<sub>2</sub> and 30%  
575 O<sub>2</sub> induce less suffering than ice slurry treatment alone (EFSA 2009) which is a clear  
576 advantage to the seabream production.

577

## 578 6. AKNOWLEDGEMENTS

579 This study was funded with Instituto Nacional Investigación y Tecnología Agraria y  
580 Alimentaria (Spain) project number RTA2012-00046-00-00 with FEDER funds,  
581 awarded to AR. The authors are grateful to Josep Lluís Celades for looking after the fish  
582 and to Xenia Moles for helping with the EEG. All authors declare no conflict of  
583 interests or competing interests and consent to be co-authors.

584

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968 **List of figures**

969 **Figure 1A** Evolution of an electroencephalogram (EEG) record along time in seabream.

970 The Index of consciousness (IoC) represented in continuous line can be seen decreasing

971 whereas the brain suppression rate (BSR), in dash line, can be seen increasing. Fish

972 were immersed in the water with gas approximately 1 minute after starting the record.

973 Green arrow indicates when lines crossed and the moment when the fish is defined to

974 become unconscious.

975

976 **Figure 1B** Example of the general EEG of a seabream. Time 0 line indicates when the

977 exposure to the gases started.

978

979 **Figure 2** Evolution of the pH (A) and *rigor mortis* (B) for 72h at 4°C in seabream.

980 Measurements were made at room temperature, but samples were kept refrigerated

981 outside the brief moments of measurement. Error bars represent the standard deviation

982 of the mean of the fish at that point in time. Graph lines represent the mean of 8 fish per

983 treatment.

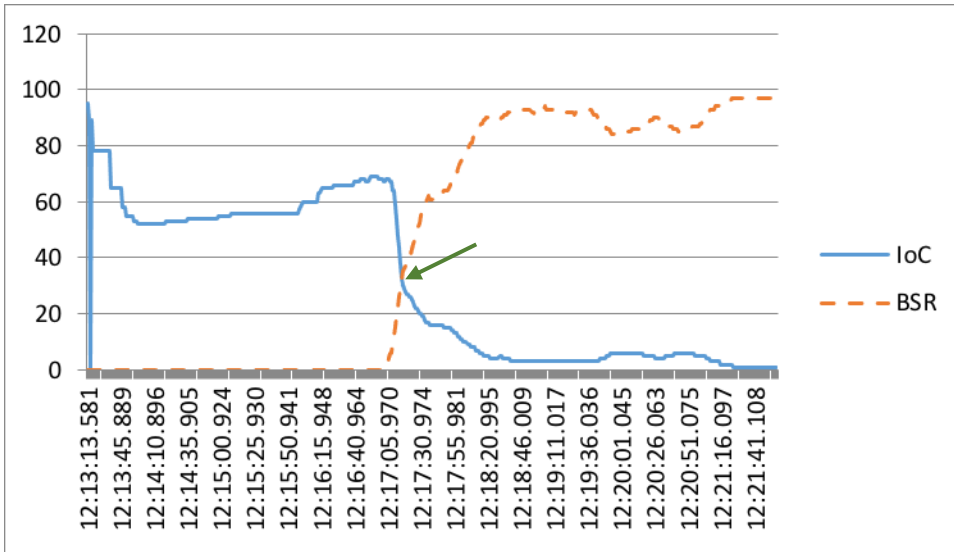
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987 Figure 1A

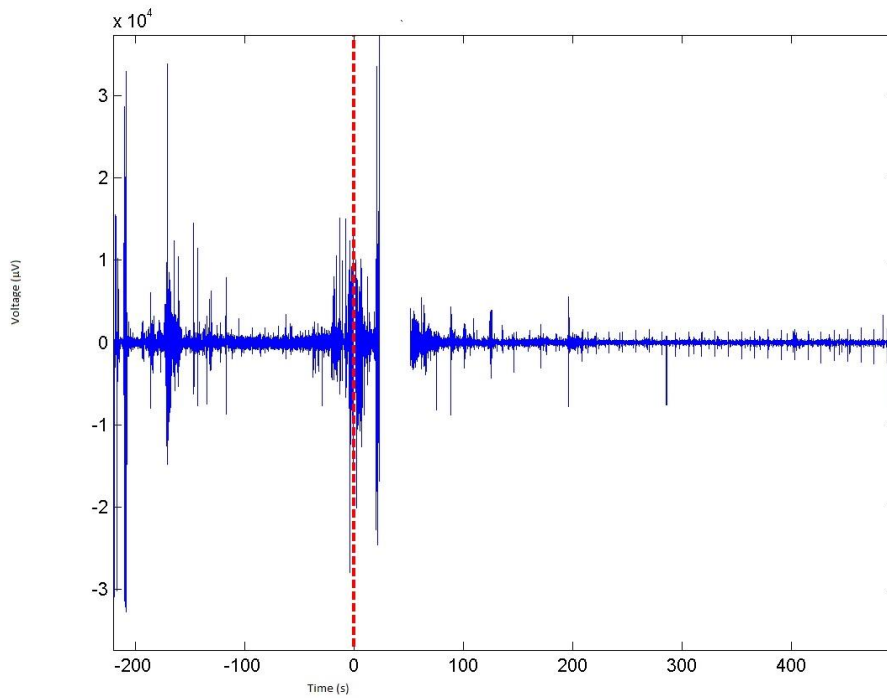
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991 Figure 1B

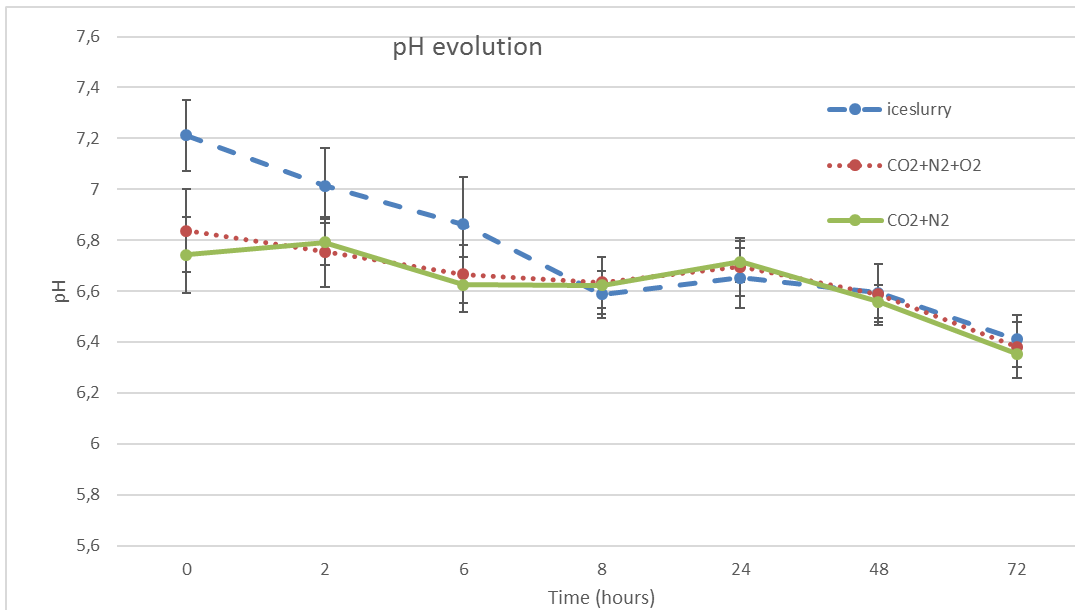


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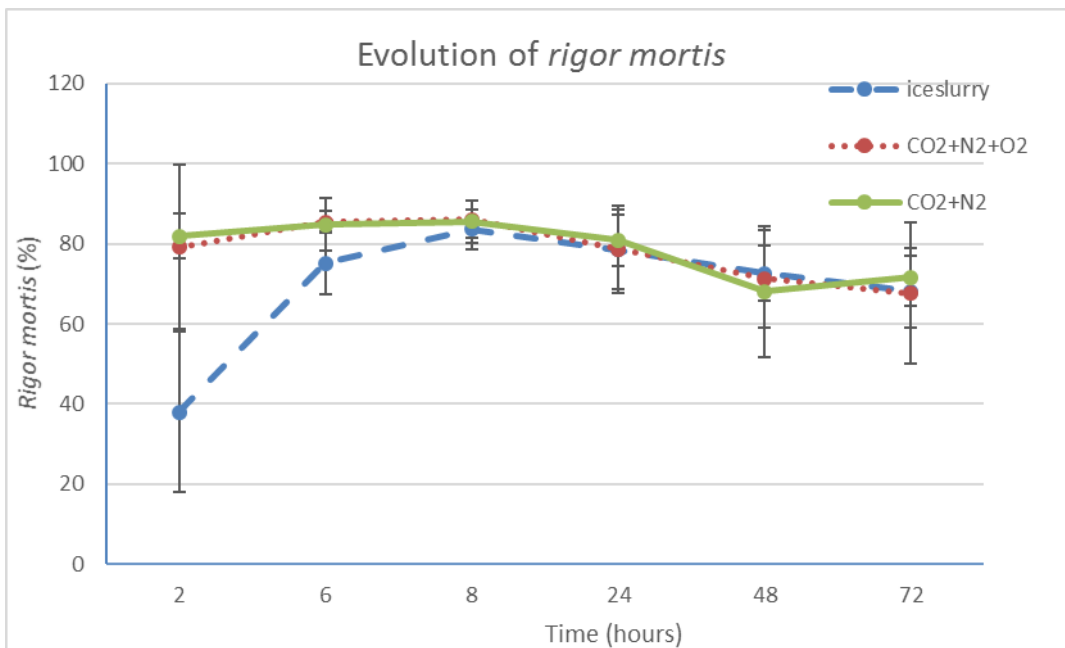
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995 Figure 2 A



996

997 Figure 2B



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999

1000 Supplementary material

1001 Relative gene expressions were estimated using *18S* gene as the house keeping gene. A

1002 one way ranked ANOVA to search for differences among treatments showed that the

1003 expression was different for *gapdh*, *hsp70*, *cox2* and *ef2α*, where:

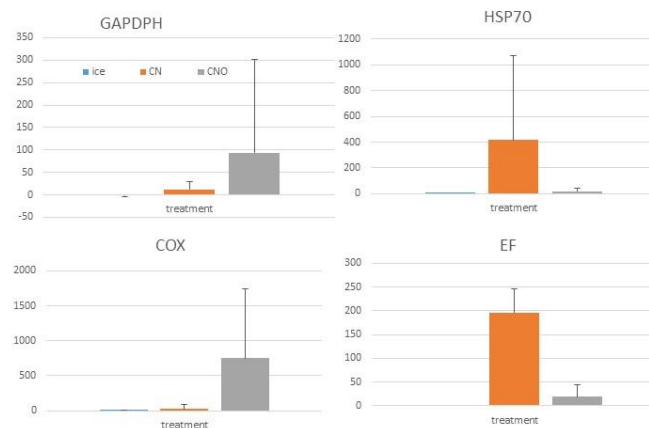
1004 Fish exposed to CO<sub>2</sub>+O<sub>2</sub>+N<sub>2</sub> differentially expressed *gapdh* (P = 0.014) from fish

1005 exposed directly to ice slurry; fish exposed to CO<sub>2</sub>+N<sub>2</sub> differentially express *hsp70* (P =

1006 0.002) and *ef2α* (P = 0.005) from fish exposed directly to ice slurry (Figure S1).

1007

1008 Figure S1:



1009