

Historically, cultures that gained the most benefit from cod liver took the necessary time and effort to hand-craft and ferment them. The major benefit of fermentation is that it keeps the delicate nutrients intact and actually increases them. Green Pasture continues this time-honored tradition hand-crafting and fermenting every batch.

Blue Ice™ Royal contains 1/3 X Factor Gold High Vitamin Butter Oil and 2/3 Blue Ice Fermented Cod Liver Oil.

More information on inner label about our process, testing, and marine stewardship.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Store in refrigerator or dark, cool place.

Solidification or clouding may occur below 70°F.

#### Historically Sacred Food

*During his travels around the world, Dr. Weston A. Price came across cultures that were strong of mind, body, and spirit; he noticed the relationship between their extraordinary well-being and the sacred and natural foods they consumed.*



## Supplement Facts

Serving Size: 1/2 tsp (2.5g)  
Servings Per Container: 96

| Amount Per Serving   | % Daily Value* |
|----------------------|----------------|
| Calories 20          |                |
| Calories From Fat 20 |                |
| Total Fat 2g         | 3%             |
| Saturated Fat 1g     | 5%             |
| Cholesterol 5mg      | 2%             |

\*Percent Daily Values are based on a 2,000 calorie diet.

Natural Cod liver oil has a deep and rich history providing a variety of natural Vitamins A and D along with other nutrients. High Vitamin Butter Oil will have a wide range of fat soluble vitamins including A and D. The Blue Ice™ Royal Blend is regularly tested for Vitamin A and D metabolites.

Ingredients: Fermented Cod Liver Oil, High Vitamin Butter Oil, natural cinnamon flavor, organic stevia leaf, silica.

Contains Cod, Milk.



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In the early 1930s, Dr. Weston A. Price discovered the positive effect that high-vitamin butter oil had on a person's health. Already aware of the benefits of cod liver oil, he combined the high-vitamin butter oil with cod liver oil to determine if the synergy was even more powerful. The result was that the potency of the butter oil was heightened when mixed with cod liver oil. This "X-Factor" discovery revealed that "one without the other did not do his patients justice, but the two together worked like magic."

Green Pasture Blue Ice™ Royal is a combination of Blue Ice™ Cod Liver Oil and our proprietary High Vitamin Butter Oil. Because we extract our cod liver oil using a time-honored, no-heat fermentation process, the beneficial vitamins from the wild-caught arctic cod are preserved. Using a no-heat process, we apply the same care to preserve important nutrients when we extract our butter oil from cows grazing exclusively on rapidly-growing green grass. By combining the two oils we create a product that realizes Dr. Price's "X-Factor" discovery and the extreme synergy created when taking Green Pasture Blue Ice™ Royal.

Many believe these unique color and taste variations are actually beneficial to their health and respect our decision to adhere to these time-honored traditions.

Each batch of fermented skate liver oil undergoes independent testing for metals, contaminants and a variety of nutrients. Some of the nutrients that we test from time to time for educational purposes include: Quinones (quinones are substances such as vitamin E's, Vitamin K's, CoQ Enzymes etc.), different metabolites of vitamin A and D, EPA, DHA, minerals etc.

Please visit [www.greenpasture.org](http://www.greenpasture.org) to view a variety of test data. The test data does not apply to any one product but rather is generic and for discussion and intrigue.

Green Pasture works exclusively with companies that are certified members of the Marine Stewardship Council. The Marine Stewardship Council is a world wide organization with a mission to use its ecolabel and fishery certification program to contribute to the health of the world's oceans by recognizing and rewarding sustainable fishing practices, influencing the choices people make when buying seafood, and working with our partners to transform the seafood market to a sustainable basis.

#### Allergy Statement:

This product is made from wild caught fish and may contain other seafood allergens such as shellfish and milk.

If the odor, texture, or acidic feel on the throat are bothersome, consider the following discussion: Our Fermented Fish Liver Oil is a living food. We do not remove anything or change the product from its natural state. Because we do not tamper with nature, a natural enzymatic, acidic activity is still present in our products. Although some may not notice it, you may experience a scratchy sensation in the back of the throat. This is considered normal. Try taking with warm water or mixing with other foods or juice. Mix 1 serving with peanut or almond butter, in a smoothie, yogurt, apple sauce etc.