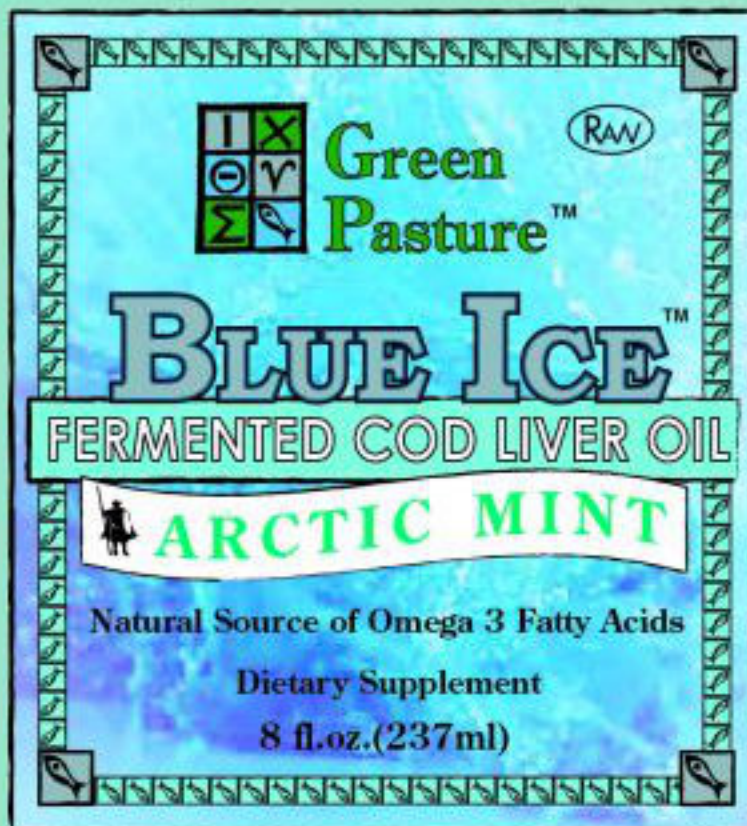


Many great cultures had one sacred food in common which they relied upon to ensure strong mind, body, and spirit of their people: fermented fish and fish liver oil. The Mighty Roman soldier consumed a daily ration of fermented fish oil. The Stoic Scandinavian Viking kept a drum of fermenting cod livers outside the door of his home. Even Grandma had the wisdom to keep a bottle of cod liver oil in her cupboard. 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.

#### 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: 2 ml (2g)  
Servings Per Container: 118

| Amount Per Serving   | % Daily Value* |
|----------------------|----------------|
| Calories 20          |                |
| Calories From Fat 15 |                |
| Total Fat 2g         | 3%             |
| Saturated Fat 0.5    | 3%             |
| 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. The Blue Ice Fermented Cod Liver oil is regularly tested for Vitamin A and D metabolites.

Ingredients: Fermented Cod Liver Oil, organic spearmint and peppermint oil, organic wintergreen flavor oil, organic lemon oil.

Contains Cod.



May become cloudy or solidify when refrigerated.  
Store in refrigerator or dark, cool place

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[www.greenpasture.org](http://www.greenpasture.org)

LIFT HERE

Laboratory testing of our cod liver oil is influenced by the seasons and natural feeding cycles of the fish. Different levels of Vitamins A & D are reported and the results can vary from batch to batch. Our ancestors had the common sense to rely on this sacred food over the course of the year, and now thanks to Green Pasture you can too.

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.

Because our hand-crafted cod liver oils are naturally-fermented and each batch may vary in appearance and flavor - but retain their all-important nutrient integrity.

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.

#### Allergy Statement:

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

#### Taking Liquid Products with Syringe:

Do not squirt directly from syringe into mouth as this may cause liquid to bypass mouth and be swallowed incorrectly. The syringe is used to measure the amount of liquid for a serving.

**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 1 - 2 ounces warm water
- Mix 1 serving with peanut or almond butter, in a smoothie, with orange, grapefruit, or tomato juice, milk or yogurt, or apple sauce
- For a nutrient-dense dining experience, add oil to salad dressings and other foods

#### Nutrient-dense Ice Pop

1 C yogurt  
1+ tsp FCLO  
fruit of your choice  
Blend and pour into ice cube trays, add stick/spoon in each ice cube partition and freeze.