

As far back as the 1600s, cultures have consumed and regarded as sacred, cartilage fish oils from ratfish such as shark and skate. Because skates are smaller than sharks, they are cleaner and more sustainable. Skate oil is higher in DHA content than cod liver oil and possesses the deep pigment color, well-known by Dr. Weston A. Price, to signify the presence of many other important nutrients. Skate oil sustains mood, mind, bone, and joint health, 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.

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: 120

Amount Per Serving	% Daily Value*
Calories 15	
Calories From Fat 15	
Total Fat 2g	3%
Cholesterol 5mg	2%

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

Natural Skate 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 Skate Liver Oil is regularly tested for Vitamin A and D metabolites.

Ingredients: Fermented Skate Liver Oil, organic orange oil, organic lemon oil, organic clove oil.

Contains Skate.



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

Green Pasture™ Products • O'Neill, NE 68763, USA

www.greenpasture.org

LIFT HERE

Naturally fermented Blue Ice™ Skate Liver Oil is the superior choice for cartilage fish oil because skate oil is abundant in Vitamins A, D, E, and K, the full range of omega fatty acids, and the unique nutrients chondroitin, squalene, and alkoxyglycerols, also found in shark liver oil.

Laboratory testing of our skate 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.

Synthetic chemicals and temperature-controlled mechanization create an industrialized, "cookie-cutter" product that may look appealing, but is devoid of critical nutrients.

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 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 pastures 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.

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.