

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.

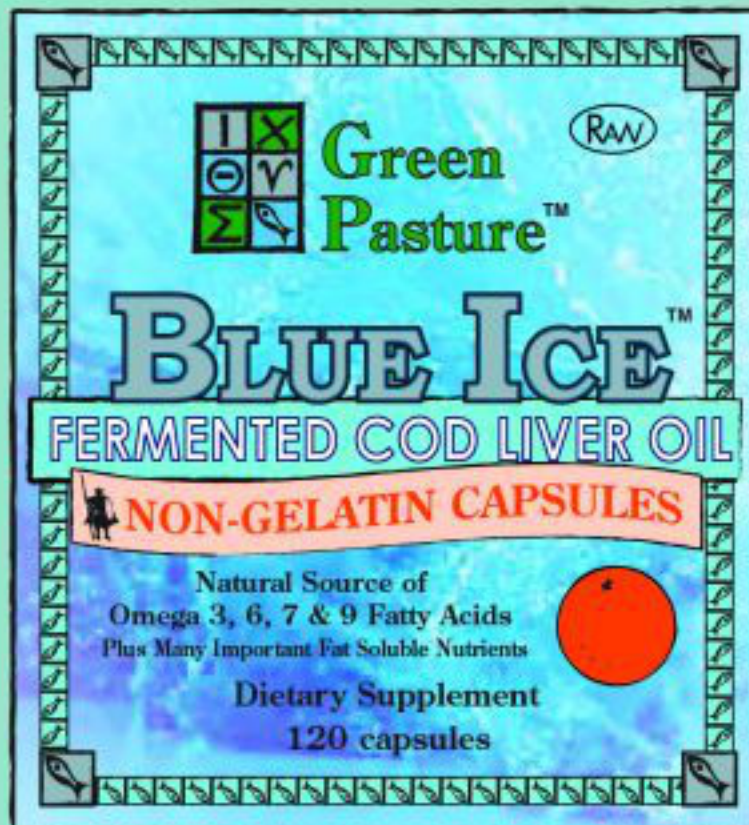
More information on inner label about our process, testing, and marine stewardship.

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.

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.



Supplement Facts

Serving Size: 2 capsules (500 mg each)
Servings Per Container: 60

Amount Per Serving	% Daily Value*
Calories 10	
Calories From Fat 10	
Total Fat 1g	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 orange oil, unbleached beeswax (as thickener), plant cellulose (capsules).
Contains Cod.



Green Pasture™ Products
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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.

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

Because our hand-crafted cod liver oils are naturally-fermented 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 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.

We at Green Pasture Products take great care to preserve the nutrient integrity of the sacred food oils we offer you.

Our encapsulated products use only the best available technology for the most non-evasive encapsulation process. The capsules are made of plant cellulose rather than gelatin. Gelatin is made using high temperature, chemicals and requires high heat during the encapsulation process which can compromise the nutrients of the product being encapsulated.

The two-part plant cellulose capsule we use is a unique offering as there are few facilities worldwide having access to this technology to encapsulate liquids.

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.

Can be taken with a small amount of food.

Allergy Statement:

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