



VITAMIN D SUPPLEMENT

Blue Ice™ Fermented Cod Liver Oil

By Dr. Donna F. Smith

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WHERE TO ORDER

RenewedHealth.com

You may order by clicking on the link above or call (800) 678-9151.
Item Number: 242-108069801. Order “Flavor Free or Plain” Only!

This link also provides the educational information on **Blue Ice™ Fermented Cod Liver Oil**, which will help you understand why this is the only Vitamin D Supplement “brand” I recommend for long-term, daily use. This product provides both Vitamin D and Vitamin A. If you choose to call, please ask them to send their educational information or click on this link for that information.

This company sells other supplements, however, if considering purchasing any, please check with me before ordering any other supplement on their website to be sure that

- 1) they are not conflicting with your supplements from us,**
- 2) your body needs them,**
- 3) and other factors to consider regarding the product and your biochemistry.**

They often provide FREE SHIPPING.



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SPECIAL INSTRUCTIONS

Blue Ice™ Fermented Cod Liver Oil is the only Vitamin D Supplement that is safe for the public to take without requiring professional recommendation or testing when taken at the daily dosages I have recommended below.

When a client has a “clinical” level deficiency in Vitamin D, I may temporarily recommend dosages that exceed those indicated below until sufficiency has been attained. Once attained, then the dosages below will assist the client in maintaining Vitamin D sufficiency, if they are not getting sufficient sunlight for the body to make its own, or until we have completed therapy on the various other Vitamin D-related health challenges the client may have.

If you have not done so already, it is very important that you to click here and read **my “[HealthQuest e-News” Newsletter, Volume 59](#)**, on Vitamin D Deficiency to understand the testing that is required to determine Vitamin D deficiency, the organs and glands that must be functional to make Vitamin D from sunlight, and the causes for Vitamin D deficiency.

For example:

- There are a number of other causes or factors that cause Vitamin D deficiency besides an actual deficiency in Vitamin D, such as dysfunction in the metabolism of Vitamin D, a lack of other vitamins and minerals that assist in Vitamin D metabolism, to name two.
- Blood testing alone does not accurately determine if you have a deficiency in Vitamin D. In fact, your blood Vitamin D level could be sufficient and you could still have a Vitamin D deficiency at a cellular level. My newsletter lists and explains each test that must be performed to determine if you have a Vitamin D deficiency.

Because the dosages below are “health maintenance” dosages, **Blue Ice™ Fermented Cod Liver Oil** at these dosages are safe to take without testing. However, if you have symptoms of a deficiency in Vitamin D or other nutrients that affect Vitamin D levels, the tests listed in my newsletter will be performed at the appropriate time in your Clinical Nutrition Therapy.



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BLUE ICE FERMENTED COD LIVER OIL (BIFCLO) – Flavor Free

Recommended Daily Allowance:

- 1. Children 1 year to adults up to 50 years of age:**
5 micrograms of Vitamin D per day (200 IU)
- 2. Pregnant and lactating women of all ages:**
5 micrograms of Vitamin D per day (200 IU)
- 3. Adults 51 to 70 years old:**
10 micrograms of Vitamin D per day (400 IU)
- 4. Adults above 70 years old:**
15 micrograms of Vitamin D per day (600 IU)

The information on the bottle regarding serving size will help you determine how much from the bottle to consume daily to ingest the dosage above that is right for your age,

Warning

Do not take more than the above dosages, unless I have instructed you to do so. Otherwise, you can cause Vitamin D and A toxicity



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SYMPTOMS OF VITAMIN D DEFICIENCY

[Click here then scroll down HealthQuest e-News, Volume 59, for a list of Vitamin D Deficiency Symptoms.](#)

If you have no symptoms of Vitamin D Deficiency, testing prior to taking Blue Ice Fermented Cod Liver Oil is not required as the dosage above and oil is appropriate for health maintenance.

If you have symptoms of Vitamin D Deficiency, have taken BIFCOLO every day at the dosage above for three months in a row and you still have symptoms, you are experiencing the symptoms of sub-clinical or clinical levels of deficiencies and therefore, Vitamin D Deficiency tests must be obtained to improve your health (i.e., restore sufficiency levels in Vitamin D, Cholesterol, Minerals and improve organ/gland function, whichever are at the root cause of your symptoms). Therefore, call me at **(940) 761-4045**.

[You may click here to review the list of tests required to determine the causes of your Vitamin D Symptoms \(i.e., Section #4 under "Vitamin D Deficiency Do's" in my newsletter, HealthQuest e-News, Volume 59.\)](#)

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care.