



## Rosita Extra Virgin Cod Liver Oil™ - Liquid Dosing and Storage Guidelines



Rosita Extra Virgin Cod Liver Oil™ liquid is the only raw cod liver oil, bottled fresh in northern Norway. The oil has not been winterized, bleached, deodorized, molecularly distilled or refined in any manner. You will be consuming a raw and wild cod liver oil - just as nature intended. Taste the difference!

- **Shipping:** Rosita liquid is shipped without cold packs or dry ice. Please note it is perfectly fine if your bottle arrives warm or hot because each bottle is nitrogen flushed and capped without oxygen. Without oxygen in the bottle, it is impossible for the oil to oxidize and lose its freshness.
- **Taste:** Rosita will taste like fresh fish! The added rosemary (antioxidant) can have an assertive woody bite. To help mellow the taste, remove the bottle from the refrigerator and set on the counter for 5 minutes. Then gently shake the bottle before dispensing. Taking Rosita liquid with a bit of Emu Oil on the spoon can help smooth out the taste and adds vitamin K2.
- **Texture:** Rosita liquid is a full spectrum fish liver oil. Unlike refined fish oils, Rosita contains many different fatty acids that thicken when refrigerated. When chilled, the stearins, waxes and triglycerides may appear as particles, as a film, cloudy, or thick like gelatin. This is normal for fresh, wild and raw cod liver oil.
- **Storage:**
  - **Store bottles of Rosita liquid in the refrigerator or freezer.**
  - Shelf life for **unopened** bottles: 14 months from production date if stored in the refrigerator, 3 years if stored in the freezer. (*See Best Before date on bottle label*)
  - Shelf life for **opened** bottles: Once opened, store Rosita liquid in the refrigerator and consume within 3 months. Replace cap after every use and return to the refrigerator to extend freshness.
- **Dosing:** (*Shake well before serving*)
  - Adults: 1 teaspoon daily or as needed, with food.
  - Children and sensitive individuals: 1 to 4 drops daily or as needed, with food.
  - Infants (*4 months and older, as approved by doctor*): 1 to 3 drops daily as needed. Drops may be administered by spoon or by dropper prior to feeding.
  - Pregnant and nursing mothers: Do not exceed more than ¼ teaspoon daily. Take as needed. Best taken with food.
  - Rosita is premium, pure and potent. Therefore, it's critically important to start slowly, with a low dosage. For example, ½ of a teaspoon every other day - until you can determine how the oil affects your body and what dose feels right for you.
- **Important information:**
  - Consult with your physician before using doses substantially higher than recommended or taking this product if you are pregnant or lactating, diabetic, allergic to fish or iodine, using blood thinners, anticipate surgery, have a diagnosed cardiovascular condition, bleeding or immune system disorder.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## Rosita Extra Virgin Cod Liver Oil™ - Softgels

### Dosing and Storage Guidelines



Rosita Extra Virgin Cod Liver Oil™ softgels contains the same raw cod liver oil as the liquid version. The oil has not been winterized, bleached, deodorized, molecularly distilled or refined in any manner. You will be consuming a raw and wild cod liver oil - just as nature intended. Fresh cod liver oil without the fishy taste! And great for travel.

- **Shipping:** Rosita softgels are shipped without cold packs or dry ice. Please note it is perfectly fine if your bottle of softgels arrives warm or hot, because the softgel provides a barrier protecting the oil from oxygen. Without exposure to oxygen, it is impossible for the oil to lose its freshness.
- **Taste:** Rosita softgels have little to no taste at all. The contents will taste like fresh fish! The added rosemary (antioxidant) can have an assertive woody bite. If you are sensitive to the taste of fresh fish, you can swallow the softgels whole with liquid and avoid the taste altogether.
- **Storage:**
  - **Do not refrigerate or freeze Rosita softgels.**
  - Exposure to cold temperatures during shipment is not an issue, however prolonged exposure may cause the softgels to dry out and become porous, negatively impacting the freshness of the oil.
  - Store at room temperature: 58°F to 78°F (15°C to 25°C) in a dark place, i.e. cupboard or cabinet.
  - Shelf life: 3 years from production date. *(See Best Before date on bottle label)*
- **Dosing:**
  - Adults: 3 softgels daily or as needed, with food. *(90 capsule bottle will last 30 days)*
  - Children and sensitive individuals: Begin by taking 1 softgel daily with food, and increase if needed. The softgels may be punctured with a pin and the oil expressed into mouths of young children. Best taken with food.
  - Infants *(4 months and older, as approved by doctor)*: 1 to 3 drops daily as needed. The softgels may be punctured with a pin and the oil expressed into the mouth of an infant. Best taken with food.
  - Pregnant and nursing mothers: Do not exceed more than 3 softgels daily. Take as needed. Best taken with food.
  - Rosita is premium, pure and potent. Therefore, it's critically important to start slowly, with a low dosage. For example, 1 softgel (or less) every other day - until you can determine how the oil affects your body and what dose feels right for you.
- **Important information:**
  - Consult with your physician before using doses substantially higher than recommended or taking this product if you are pregnant or lactating, diabetic, allergic to fish or iodine, using blood thinners, anticipate surgery, have a diagnosed cardiovascular condition, bleeding or immune system disorder.
  - Rosita softgels can be a choking hazard. Please keep them away from infants and small children.

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