



Rosita Ratfish Liver Oil™ Dosing and Storage Guidelines



- **Shipping:** Rosita Ratfish Liver Oil™ (10 ml and 50 ml bottles) is shipped without cold packs or dry ice. Please note it is perfectly fine if your bottle arrives warm or hot, because the oil naturally contains more than 33% alkylglycerol content, which is a natural antioxidant.* No additional antioxidants are added into the oil, as the ratfish produces and stores its own vitamin E, which helps preserve the freshness of the oil.
- **Taste:** Rosita Ratfish Liver Oil™ has a mild, buttery taste – less fishy than cod liver oil. The oil will get absorbed easily with the taste dissipating quickly.
- **Texture:** Rosita Ratfish Liver Oil™ is a full spectrum fish liver oil. Unlike refined fish oils, Rosita contains many different fatty acids that thicken and separate 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 a fresh, wild and raw fish liver oil. You may take the oils out of the fridge 3 to 5 minutes before use to allow them to evenly mix and to permit the efficient use of the dropper. This is particularly important for the 10 ml dropper.
- **Storage:**
Storage and shelf life for **unopened** bottles:
 - Freezer: 5 years (-19°C/-2.2°F)
 - Refrigerator: 3 years (4°C/39°F)
 - Traveling: After opening, good for 1 month under (30°C/86°F). Keep out of direct sunlight.Shelf life for **opened** bottles:
 - Store Rosita Ratfish Liver Oil™ in the refrigerator (4°C/39°F) and consume within 3 months.
 - Replace cap immediately after every use and return to the refrigerator to extend freshness.
- **Dosing:**
 - Adults: 4 to 8 drops daily or as needed, with food.
 - Children and sensitive individuals: 1 to 4 drops daily or as needed, with food.
 - Infants (3 months and older): 1 to 2 drops daily or as needed mixed with breastmilk, baby formula, or food.
Always check with a healthcare practitioner first.
 - Breastfeeding moms may consume the oil directly (2 to 5 drops daily with food) and allow the rich nutrients to pass through the milk to baby.
- **Special protocols:** Under the supervision of a qualified healthcare practitioner only: 10 to 12 drops twice daily for a period of 6 weeks, followed by a maintenance dose of 4 to 12 drops daily.*
- **General use:**
 - Bottles should then be gently shaken before use.
 - Care should be taken to keep the dropper untouched and free from pollutants to preserve freshness (e.g. mouth/saliva/skin contact may cause degradation of the antioxidants).
- **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.
 - Keep out of reach of children.
 - If you or your child have never consumed fish or fish oil, or if you suspect a fish/iodine allergy, consult your doctor prior to using a fish body oil/fish liver oil product.
 - As an additional assurance, you could also rub a tiny amount of Rosita Ratfish Liver Oil™ into a small area on the skin, to check for any potential reactions before taking orally.

*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.