



# EXTRA-VIRGIN COD LIVER OIL LIQUID

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



## RECOMMENDED DOSAGE

**ADULTS:** 1 teaspoon daily or as needed, with food.

**CHILDREN & SENSITIVE INDIVIDUALS:** Begin by taking  $\frac{1}{8}$  to  $\frac{1}{4}$  teaspoon with food and increase if needed

**INFANTS:** 2-3 drops daily as needed. Drops may be administered by spoon or by dropper prior to feeding.

**PREGNANT & NURSING MOTHERS:** Do not exceed more than  $\frac{1}{4}$  teaspoon daily.  
Take as needed. Best taken with food.

## SHIPPING:

Rosita EVCLO liquid is shipped without cold packs or dry ice. 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 EVCLO will taste like fish liver! 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 EVCLO with some Ghee from grass-pastured animals on the spoon can help smooth out the taste and adds vitamin K2.

## APPEARANCE:

Rosita EVCLO liquid is a full-spectrum fish liver oil. Unlike refined fish oils, EVCLO 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 EVCLO liquid in the refrigerator or freezer.
- Shelf life for unopened bottles: 1 year from production date if stored in the refrigerator, 2 years if stored in the freezer.
- Shelf Life for opened bottles: Once opened, store Rosita EVCLO liquid in the refrigerator and consume within 3 months. Replace cap after every use and return to the refrigerator to extend freshness.



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