EXTRA-VIRGIN COD LIVER OIL SOFTGELS

Rosita Extra-Virgin Cod Liver Oil (EVCLO) softgels contains the same raw cod liver oil in the liquid version. 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. Fresh cod liver oil without the fishy taste!

RECOMMENDED DOSAGE

ADULTS: 3 softgels daily or as needed, with food. (90 capsule bottle will last 30 days)

CHILDREN & 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 the mouth of young children. Best taken with food.

INFANTS: 2-3 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 & NURSING MOTHERS: Do not exceed more than 1 capsule daily. Take as needed. Best taken with food.

SHIPPING:

Rosita EVCLO softgels are shipped without cold packs or dry ice. 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 EVCLO will taste like fish liver! The added rosemary (antioxidant) can have an assertive woody bite. If you are sensitive to the taste of fish oil or rosemary you can swallow the capsules whole with liquid and avoid the taste altogether.

STORAGE:

- **DO NOT REFRIGERATE or FREEZE** Rosita EVCLO 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: 15°C - 25°C in a dark place i.e. cupboard or cabinet.
- Shelf life: 2 years from production date.

IMPORTANT:

Rosita EVCLO softgels can be a choking hazard. Please keep them away from infants and small children.