

How to Use and Care for Your Product.

***The recommended dosage is 1-2 tablespoons a day added to your favorite drink or into your food. It's great mixed in applesauce. Be creative!**

****Once received, it should be stored in the refrigerator IMMEDIATELY. The normal shelf life is 30 days/4 weeks but could be longer dependent upon how cold your refrigerator is. If you are not going to complete it in 30 days, freeze it. It will last 3 months in the freezer.**