**THAWING INSTRUCTIONS**

- **Bottles Should Arrive Frozen.**
- **Store Bottles in Your Freezer Until You Are Ready to Start Drinking Them.**
- **Thaw Out the Number of Bottles You Plan on Drinking Each Day.**
- **Thaw the Bottles in Your Refrigerator. Thawing May Take 6-8 Hours Depending on How Cold Your Refrigerator Is.**
- **Once Thawed, Bottles Should Remain in the Refrigerator and Be Consumed Within 24 Hours.**

---

**Facts and Questions**

- **How Often Should I Take a Shot?**
  Take one shot daily, or for an added boost, take a shot in the morning and another shot at night.

- **What Are the Functional Ingredients in the Beauty Shot?**
  Our Beauty Shots provide 2500 mg marine collagen and superfood berries—blueberry and acai—paired with cold pressed orange juice. The rich Vitamin C content from berries and oranges further stimulates collagen production. A boost of collagen helps improve skin elasticity, fights wrinkles, and boosts skin’s hydration. Antioxidant-rich superfood berries help to neutralize free radicals that damage skin’s appearance.

- **Do I Have to Drink the Shot All at Once?**
  No, you can drink it as quickly or slowly as you feel comfortable.

- **How Should I Store the Bottles?**
  Since our products are shipped frozen, there is no rush to drink them. If you do not plan on consuming them as soon as you receive your shipment, store the bottles in the freezer. Otherwise, thaw them in the refrigerator.

- **What Is the Shelf Life?**
  The bottles can be stored in the freezer for up to 6 months. Once completely thawed in the refrigerator (may take 6-8 hours depending on how cold your refrigerator is), they should be consumed within 24 hours. They should be refrigerated at all times and consumed very cold.