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## Why do I need to shake the bottle each time before I take the liquid form of Omega Sufficiency®?

Just like olive oil and other dietary oils fish oil Omega Sufficiency® has a natural melting point. In other words, all natural fats begin to solidify at certain temperatures. Omega Sufficiency® naturally begins to solidify at fridge temperatures which often appears as “clouding” or “clumping” in the bottle. We do not put any chemicals into Omega Sufficiency® to prevent this as it is a harmless and naturally occurring process.

Simply shake your bottle of Omega Sufficiency® well before each use and the natural solidification or clouding will be broken up and evenly dispersed.