

FAQ DOSE

Cold pressed, what does that mean?

Cold-pressed juice shots are not heated, pasteurized, nor chemically treated. They are put under pressure, so they keep their nutrients intact.

Is DOSE organic?

Yes. A product that claims to be organic must be certified, otherwise we cannot use the term organic to qualify it. DOSE shots are certified organic by Ecocert Canada (Canada organic and USDA organic). They confirm the authenticity of our ingredients and the superior quality of our juices.

How long do products last?

SHOTS : We guarantee a minimum of 60 days. The expiration date can be found on the cap of each bottle.

JUICES : Upon reception, we guarantee a minimum shelf life of 30 days. The expiration date can be found on the cap of each bottle.

All our products need to be refrigerated, and once opened, they should be consumed within 3-4 days. However, for maximum nutrient content, we suggest drinking them within 1-2 days. Don't forget, our juices/shots naturally settle. Shake them well before drinking to enjoy the full blend of flavors and nutrients.

Pasteurization, what does it mean?

Pasteurization, regardless of whether it is done in a "slow" or "fast" way, the result remains the same, a juice that has been heated and therefore cooked. As a result, many of the vitamins, minerals and enzymes in the juices/shots are eliminated. At DOSE, we do not and will never apply heat to our cold-pressed juices.

Do they contain preservatives?

No. Thanks to the mechanical pressurization process, the shelf life of our (sealed) juices is extended naturally and without the need for heat pasteurization or the addition of chemicals. We do not use any preservatives or even homogenization agents. After each production, our juices/shots are immediately put into a large basin of water to which thousands of pounds of pressure are applied for a few seconds. To put it more graphically, it's as if the juices/shots were taken to the bottom of an ocean 60 km deep! The products must always be refrigerated and once opened the shelf life returns to 3 to 4 days. The expiration date is noted on the bottle.

Drink juices while pregnant or breastfeeding?

Since each finished product undergoes high-pressure processing, which destroys dangerous micro-organisms and pathogens, our products are safe to consume. You can, therefore, incorporate all* of our products into your diet and enjoy an extra DOSE of natural vitamins and nutrients. *Except for our Energy Shot, which contains 80mg of naturally occurring caffeine from guayusa. Caffeine is not recommended for children, pregnant or breastfeeding women.

Health problem X?

If you have specific health problems, we suggest that you consult your doctor or health professional before consuming our products. If in doubt, always consult your doctor.

The expiration date has passed...

If the expiration date of the product has passed by one day or more, we advise not to drink it. Our products contain no additives, no preservatives, and have not undergone heat treatment to preserve the nutrients. All our products must be kept cool and always sealed to be consumable. If you notice a particular smell or if your products are fizzy when you open the bottle, do not consume and discard the product.

Nut allergies?

DOSE products are nut-free and are manufactured without any nuts or ingredients that have come into direct contact with them.

Gluten?

The fruits and vegetables contained in our juices and shots do not contain gluten.

Kosher?

Yes! Our certification was issued by the company: Kosher Certification Agency - Global Kosher Certification - MK Kosher

When to drink the shots?

The shots can be consumed whenever you want! Our ginger and turmeric shot can be consumed in the morning for a caffeine-free start or in the afternoon for a much-needed zesty kick. We suggest limiting yourself to one shot per day, as the ingredients are concentrated in a mini format. Take it in one shot or add it to your water for a hydrating experience. Make it a ritual or drink it whenever you feel the need.



Why plastic?

At this moment, it is unfortunately the only packaging material that is suitable for our juices and our manufacturing process.

To seal in all the freshness of our products and preserve their nutrients, we subject our juices to immense pressure in a cold-water tank once they are sealed and bottled. To do this, we must use flexible packaging!

Also, glass bottles are super fragile and often break during transport, which would waste juice and material... It's not perfect, but it's the best we have right now!

However, all our bottles are now made from 100% recycled plastic (PCR). PCR stands for Post-Consumer Resin, which is the recycled product of discarded packaging waste (what you place in your recycling bin). Reusing resin as PCR does not require further depletion of new fossil fuels. Additionally, utilizing PCR has the potential to reduce greenhouse gas emissions. For us at DOSE, adopting PCR was a significant step in the right direction and we hope to continue to improve.

Can I freeze my DOSE products?

Since our products are fresh, freezing them could affect the quality of the nutrients they contain. The best way to store our products is to keep them refrigerated at all times until consumption.

Additionally, liquids expand when they freeze, which could cause leakage and result in juice loss. If you still wish to freeze your DOSE products, we suggest pouring them into an ice tray for a mess-free solution.

