

Total Health and Weight Loss Support
100% Certified Organic Coconut Oil from the Philippines

Nutrition Facts

Serving Size 3 Soft Gels
Serving Per Container 40

Ingredients	Amount Per Serving	% DV*
Coconut Oil Organic Extra Virgin Unrefined Cold Pressed	3000 mg	**
Supplying:		
Caprylic Acid	1125 mg	**
Capric Acid	750 mg	**
Lauric Acid	1125 mg	
Calories	10	
Protein	1g	
Total Fat	1g	
Sodium	0	
Total Carbohydrates	0	
Cholesterol	0	

*% DV Percentage U.S. Daily Values

** No Daily Values established

Other Ingredients: Gelatin and Glycerin

Standard of Formulation

No Sugar, Salt, Starch, Preservatives, Coloring,

Solvents or Trans-Fatty Acids

Distributed by: Health Support Inc.

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Health Support

Coconut Oil Diet[™]

Natural Weight Loss Support

Rich in Lauric Acid
Gluten Free

Whole Food Nutiriton

120 Softgels

Total Health and Weight Loss Support may help you lose weight **FAST AND EASY.**

Directions: Adults, take 1-2 capsules three times a day, before meals with an 8 ounce glass of water. Keep tightly closed in a cool dry place and out of the reach of children.

Description: 100% certified organic non-hydrogenated and naturally saturated coconut oil is a medium chain triglyceride that helps improve thyroid function while reducing hypoglycemic cravings. Coconut oil is a low calorie fat which the body can use as an energy source instead of carbohydrates. This new diet miracle can help you lose weight and then help maintain the weight loss. **FOR BEST RESULTS TAKE WITH HEALTH SUPPORT'S ORGANIC EXTRA VIRGIN COCONUT OIL**

Note: Not for use by individuals under the age of eighteen. Consult your physician before taking Coconut Oil Diet[™] if you are pregnant, nursing, taking medication or have a known medical condition.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure or prevent any disease.