

Total Health and Weight Loss Support
100% Unrefined Organic Cold Pressed Coconut Oil

Nutrition Facts

Serving Size 3 Soft Gels
Serving Per Container 60

Ingredients	Amount Per Serving	% DV*
ORGANIC Cold Press Extra Virgin Unrefined Coconut Oil	3000 mg	**
Supplying: Caprylic Acid	2250 mg	**
Capric Acid	750 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. Farmingdale, NY 11735 • www.healthsupportyou.com

Health Support

Coconut Oil Diet™

Natural Weight Loss Support

**Fast & Easy
Gluten Free**

180 Softgel Capsules
Whole Food Nutrition

Total Health and Weight Loss Support
may help you lose weight **FAST & 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 in 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.

Allergen Free

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, treat, cure or prevent any disease.