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Distributed by: Health Support Inc.
 Farmingdale, NY 11735 •
www.healthsupportyou.com

Nutrition Facts

Serving Size: 1 Tablespoon (14 grams)

Calories	123	**
Protein	0 g	**
Total Fat	13.97 g	**
Sodium	0 g	**
Total Carbohydrates	0 g	**
Cholesterol	0 g	**

Amount Per Serving %Daily Value

ORGANIC Raw Extra Virgin Unrefined Coconut Oil	14 g	**
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** %Daily Values have not been established

Health Support Extra Virgin Oil contains **NO HYDROGNATED OIL** and is **NOT BLEACHED, REFINED OR DEODORIZED.**

Other Ingredients: None

100% VEGETARIAN • ALLERGEN FREE

Health Support

Coconut Oil Raw Extra Virgin

**Made from 100% Extra Virgin Unrefined
Cold Pressed Coconut Oil
RICH IN LAURIC ACID**

Internal/External • Net Wt. 15.3 oz. • Extra Smooth • Whole Food Nutrition

Taste and Smell the Difference!

May Help You Lose Weight and Maintain Weight Loss.

A Healthy Saturated Fat!

FOR BEST RESULTS, TAKE WITH HEALTH SUPPORT COCONUT OIL DIET!

Directions: Adults may safely consume 1-4 Tbsp. per day. Use in baking, cooking, sauteing or in your favorite health shake. Can be used instead of other oils including butter.

Keep tightly closed in a cool dry place.

Description: *Coconut Oil* is an MCT oil which is rich in Lauric Acid, Capric Acid and Caprylic Acid. *Coconut Oil* may support healthy thyroid function, and symptoms of digestive disorders.

When used topically, this pure *Coconut Oil* promotes smooth silky skin. *Coconut Oil* is a perfect moisturizer, make-up remover and is a naturally pure eye make-up remover. **Baby friendly:** Can be used on hair and skin. Great for diaper rashes and skin irritations - **MUST NOT BE INGESTED BY BABIES.** **Pet Friendly:** relieves rashes, can be ingested and applied to their coat.

Note: Not for use by individuals under the age of eighteen. Consult your physician before taking *Coconut Oil* 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.