

OIL PULLING GUIDE

First thing in the morning, place **ONE TABLESPOON** of Skinny Coconut Oil in your mouth and begin to swish for **5-20 minutes**.



Without swallowing, move it around your mouth, teeth, and gums as if it were mouthwash, but don't gargle. The oil will begin to get watery as it mixes with your saliva. Keep swishing. You may also notice that the oil mixture will thicken the longer that you "pull".



After **5-20 minutes**, spit the oil mixture into the toilet. Rinse out your mouth with warm water and brush your teeth.

Now enjoy fresher breath, whiter teeth, and a brighter smile! **For best results, pull daily.**

THE SKINNY STORY

We venture deep into the heart of the majestic Ben Tre Province of Vietnam to find the richest, healthiest, and highest quality coconuts on the planet.

This lush, remote jungle naturally protects our coconuts from all pesticides and fertilizers. Simply put, we use only the best, to bring you the best.

At Skinny&Co, we believe that health is not an end goal, but a daily journey.

With the use of our 100% pure, wholesome coconut oil, we can help you start each day in a healthy direction.

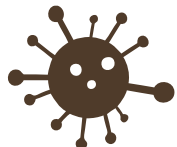
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THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE
FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT
INTENDED TO DIAGNOSE, TREAT, OR PREVENT ANY DISEASE

pull daily

ORAL HEALTH BENEFITS OF SKINNY COCONUT OIL



**LESSEN
BAD BREATH**



**REDUCE
PLAQUE**



**REDUCE GUM
INFLAMMATION**



**STRENGTHEN
IMMUNE SYSTEM**

Our 100% raw coconut oil is an **all natural, antibacterial, anti-viral, antifungal** health product crafted by nature to benefit your oral hygiene.

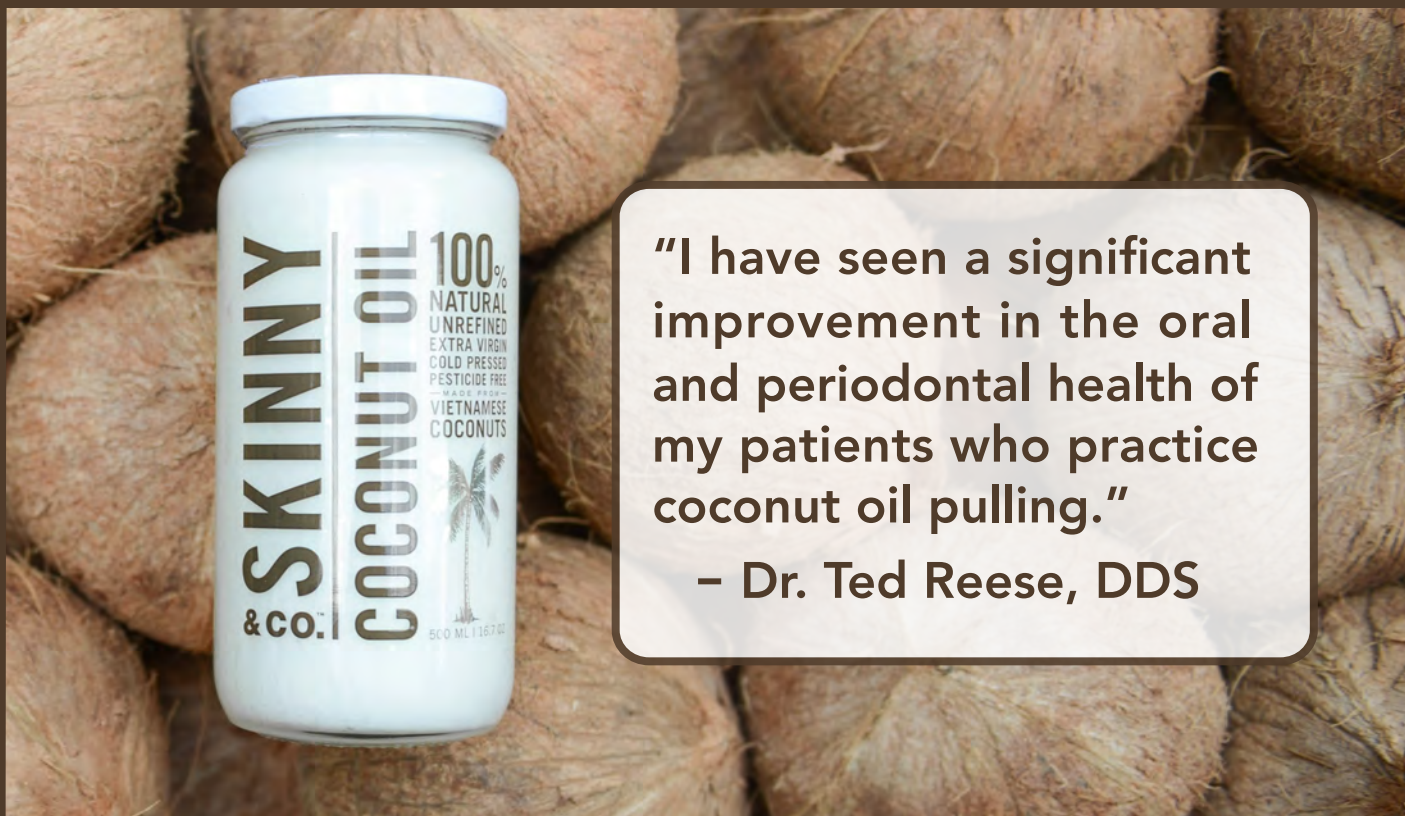


OIL PULLING FOR A BRIGHTER SMILE AND BETTER HEALTH

The first thing you will notice when you begin oil pulling is an improvement in oral health. Teeth become whiter, breath becomes fresher and your gums take on a healthy pink color.

The practice of “oil pulling” can be traced back thousands of years to Ayurvedic Medicine. The practice has survived the passing of time due to its effectiveness and simplicity. By collecting and expelling harmful bacteria and toxins from the mouth, oil pulling assists the whole body in healing itself.

We believe Skinny Coconut Oil is the most effective oil for pulling. High in lauric acid, it is naturally anti-microbial and rich in enzymes, helping reduce the oral bacteria that cause inflammation of the gums. Even problems such as bleeding gums, tooth decay, loose teeth and periodontal disease can be greatly improved.



“I have seen a significant improvement in the oral and periodontal health of my patients who practice coconut oil pulling.”

– Dr. Ted Reese, DDS