

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 it. 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 the **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 DIFFERENCE

Skinny Coconut Oil is the only **100% RAW** coconut oil in the world. Our oil is wild harvested in the Ben Tre Province of Vietnam, a region internationally recognized for the quality of its coconuts that are untouched by pesticides or fertilizers.

Our patent pending process, the **Nutralock System™**, cools and de-humidifies to extract the oil, a method thought to be inconceivable by the oil industry. The result is a never heated, alkaline, world-exclusive coconut oil.

At Skinny & Co, we are passionate about health. We are a small, family-run company built to serve a growing health community, one that includes YOU. Discover a new "you" with Skinny Coconut Oil.

Join the movement:



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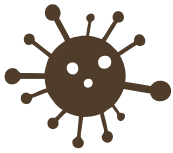
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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

pull daily

ORAL HEALTH BENEFITS



**LESSEN
BAD BREATH***



**REDUCE GUM
INFLAMMATION***



**STRENGTHEN
IMMUNE SYSTEM***



**NATURALLY
WHITEN TEETH***

"At first I thought, 'How in the world am I going to oil pull for that long?', but in retrospect, I don't know how I went without it! With Skinny, my teeth are whiter and my health has been very stable, definitely a noticeable change."

- Brooke Randolph, LMHC

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.

By collecting and expelling toxins from the mouth, oil pulling not only assists with oral care, but overall health as well. *Skinny*, containing more than 50% lauric acid, has been shown to promote healthy immune function. This medium chain fatty acid is prevalent in only one other source, breast milk.

Skinny, being 100% RAW, is the most effective coconut oil for oil pulling.

Chronic problems such as bleeding or inflamed gums, loose teeth, and bad breath can be greatly improved; all while balancing blood sugar levels already in the normal range.



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

- Dr. Ted Reese, DDS