

METABOLISM

Due to a high concentration of short and medium chain fatty acids (MCFAs), Skinny Coconut Oil speeds up metabolism. Easily digested in the liver, MCFAs are converted into natural energy.

By replacing unsaturated oils (soy bean, vegetable, canola) with MCFA-rich Skinny, you activate the thyroid and boost metabolism, leading to weight loss.



LOSE INCHES WITH SKINNY

ONLY 100% RAW COCONUT OIL

NEVER HEATED ABOVE 100°F

12 COCONUTS IN EACH JAR

WILD-HARVESTED FROM THE
JUNGLES OF VIETNAM



**CHANGING
THE
WORLD**



GIVING 10% OF PROCEEDS
BACK TO VIETNAM...

- BUILDS SCHOOLS
- TEACHES ENGLISH
- FUNDS YEAR-ROUND FARMING

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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.

LOSE INCHES

BRAIN CLARITY

MCFAs in Skinny are a type of fat the body can convert to a fuel called ketones. These molecules are neuro-protective, encouraging tasks such as **improved memory, cognition and attention.**

Made in the liver, ketones travel to the brain where they provide an alternative fuel to glucose (sugar). Ketones, produced from healthy fatty acids, may curb cognitive decline in old age.

IMMUNE SYSTEM

Replacing processed vegetable oils with MCFA-rich coconut oil **promotes healthy immune function.** Skinny is a natural source of lauric acid, a key nutrient also found in breast milk.

This nutritious MCFA is found in infant formulas and tube feedings, and is used by physicians to help patients obtain optimal health.



"Skinny Coconut Oil is the only coconut oil I would ever use and recommend to my patients. It is 100% raw and it's purity is unmatched!"

— Deborah Lance, MPH, RD

HEART HEALTH

Our coconut oil has been shown to protect heart cells. Due to a rich concentration of lauric acid, Skinny promotes a healthy cardiovascular system.

Adding Skinny to a balanced diet can help **normalize cholesterol levels.** By promoting its conversion into pregnenolone, coconut oil can reduce stress, improve immunity and strengthen the heart.

BLOOD SUGAR

MCFAs in Skinny help maintain healthy insulin and blood sugar levels already in the normal range.

MCFAs are absorbed in the small intestine and then immediately transported to the liver for use as energy. Skinny **provides natural, long-lasting energy** that is more effective than sugars, grains and carbohydrates.