

# VIRGIN COCONUT OIL

## USER GUIDE: YOUR HOME REMEDY

This compilation on the usage of VCO to get the indicated health benefits is derived from published general prescriptions from medical practitioners and the published and unpublished testimonies of several users. The information is organized and shared not as a prescription but as a reference on use of VCO as a functional food. This is in no way intended to replace appropriate medicine prescribed by competent medical professionals. It is strongly suggested and considered best practice for critical illnesses that are imminently life-threatening (ex. high blood pressure and heart diseases) that the use of VCO to help cure the illness is done under the supervision of competent medical professional.

## THE SECRET IS IN THE MEDIUM CHAIN FATTY ACIDS

Several scientific studies have found that VCO has a high content of LAURIC ACID

### IMMUNE SYSTEM BOOSTER

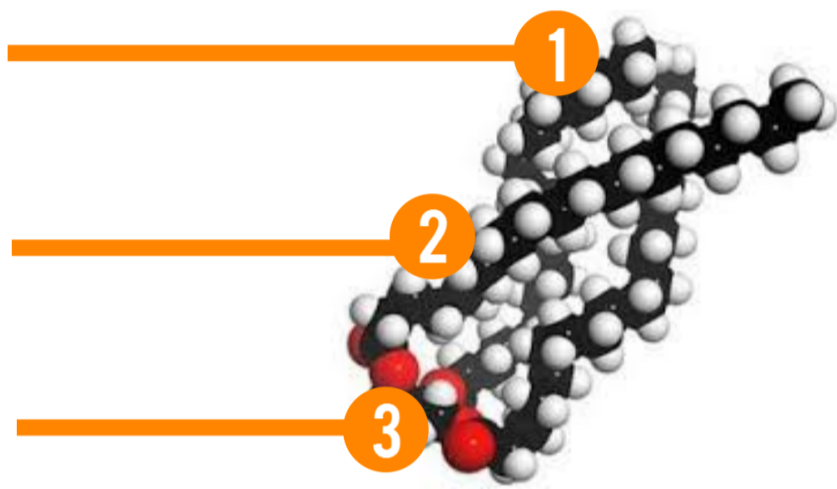
Helps your white blood cells get the energy to keep away sicknesses

### QUICK SOURCE OF ENERGY

Easily metabolizes fat and food into energy

### KILLS BACTERIA AND VIRUSES

Dissolves or breaks a bacteria or virus' lipid coatings and cell walls.



## VIRGIN COCONUT OIL FOR ALL AGES

We recommend using fresh-centrifuged virgin coconut oil for all your needs.



### INFANT

Protects your baby from infections during the first few months.

Cure skin inflammation and infections (ex. diaper rash).

Accelerate weight gain for low birth-weight and non breast-fed infants.



### CHILD

Increase resistance from infections like flue, colds, measles, dengue, meningococemia, SARS and Bird's Flu.

Cure hair lice infestation.

Helps prevent tapeworm and giardia lamblia infection of the gastrointestinal tract.



### YUPPIES

Helps maintain healthy scalp and hair strands. Enhances natural color and luster.

Reduces protein loss from combing of hair

Helps sustain high energy level and wakefulness during night work.

Maintain soft, smooth, and pliable skin. Helps control skin drying



### TEEN

Control dandruff.

Cures and control pimples. VCO kills the bacteria causing pimples.

Cures fungal infections like Athlete's Foot, ringworm, jock itch, toenail fungus, and candidiasis.

Prevent school absences due to illness.



### 20's, 30's

Helps kick-start energy level at start of day and maintain higher energy level throughout the day.

Weight loss by increasing your body's metabolism by about 50%.

Boost the immune system in controlling and healing damages from exposure to toxic, carcinogenic, mutagenic and genotoxic chemicals and free radicals that can cause irritation, inflammation, allergy, cancer, and other physical illnesses and abnormalities.



### 40's, 50's, 60's

Helps control blood sugar level to prevent diabetes.

Prevents arthritis.

Helps prevent prostate, breast, lung, liver, kidney, intestine, colon cancers

Safe removal of make up.

Helps control skin wrinkles. Helps prevent age spots.

## WANT TO KNOW HOW TO USE VCO FOR ALL AGES?

Visit [www.agnutraceutical.com](http://www.agnutraceutical.com) for more information.