

## OIL SHOCK



### ▼ Attention for taking OIL SHOCK

- 1) OIL SHOCK takes fats out from your body by inhibiting emulsification of fats.
- 2) Please abstain from taking this supplement if you have a little meal usually or your body fat percentage is under 22 %.
- 3) Sometimes there is a case that a few oil floats when defecate, but it's just extra oil from your body so please don't worry about it.

### ▼ How to eat

Please take 1 to 2 tablets with some water a day.

### ▼ Please refer of knowledge for a basal body temperature.

<http://www.dite.co.jp/shop/diet/oilshock.shtml>



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