

Making Health Affordable
Together

At **Our Health Co-op**, we know "size matters" when it comes to supplements. Since some folks have trouble swallowing larger tablets and softgels, we want to make sure you know what you're getting before you buy.

To support informed purchases, the size guide chart below provides actual sizes for our supplements! Computer displays vary widely, depending on your screen settings.

***FOR ACCURACY, your best bet is to print this guide and refer to it when ordering.**

Capsules*

1C 

2C 

3C 

4C 

5C 

6C 

7C 

8C 

Softgels*

1S 

2S 

3S 

4S 

5S 

6S 

7S 

8S 

Tablets*

1T 


2T 

3T 

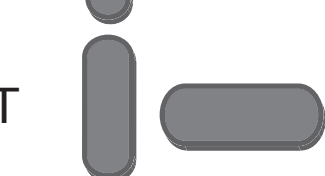
4T 

5T 

6T 

7T 

8T 

9T 

Questions?

Don't hesitate to ask!
Call 800-667-0781 or
write to the kat at:
guido@ourhealthcoop.com