

GNC SuperFoods Coconut Oil is a great-tasting, nutritious alternative to use when cooking or baking. Coconut oil is a naturally rich source of medium chain triglycerides (MCTs), which are quickly absorbed by the body to produce energy. MCTs are hydrolyzed more rapidly and metabolized more completely than long chain fatty acids. Our cold-pressed, organic extra virgin oil is from the Philippines and is naturally free of trans fat, 100% cholesterol free, contains no hexane and is certified non-GMO. GNC SuperFoods Coconut Oil is highly heat stable, ideal for cooking and makes a delicious, energizing substitute for regular oils, butter or shortening in recipes. Spread on bread or mix into your favorite smoothie. Enjoy the great, refreshing taste of the tropics with GNC SuperFoods Coconut Oil!



For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

Certified Organic by QAI & ECOCERT ICO.
(US-ORG-016)

To ensure a complete nutritional program,
take daily with these GNC products:

- GNC Premium Multivitamin
- Ultra Probiotic Complex
- Fish Oil

GNC
SUPERFOODS

COCONUT OIL

ORGANIC EXTRA VIRGIN

*Natural source of medium chain
triglycerides*



29 FL OZ • 858 mL

CODE 465614

DQG

Directions: Enjoy up to three tablespoons of extra virgin coconut oil each day. Ideal as a medium-heat cooking oil (up to 280° F), as a nutritious substitute in baking, and a “better-than-butter” replacement on bread, vegetables or popcorn. Can also be used as a luscious oil for skin care, hair care and massage.

Nutrition Facts

Serving Size One Tablespoon (15 mL)
Servings Per Container About 57

Amount Per Serving

	Calories 130	Calories from Fat 130	% Daily Value†
Total Fat 14 g			22%
Saturated Fat 13 g			65%
Trans Fat 0 g			
Cholesterol 0 mg			0%
Sodium 0 mg			0%
Total Carbohydrate 0 mg			0%
Protein 0 g			

Not a significant source of dietary fiber, sugar, vitamin A, vitamin C, calcium, or iron.

† Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Organic, Unrefined, Cold-Pressed, Extra Virgin Coconut Oil.
CONTAINS: Tree Nuts (Coconut). Bottled in a facility that produces peanut oil.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

This product requires no refrigeration, is solid at room temperature and melts at 76° F. Any brown specks present in this product are naturally occurring coconut fibers.

