

Potencies verified by GNC procedures #5103 and #5118. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



GNC

B-Complex

50 MG

Essential for energy production
& carbohydrate metabolism*

DIETARY SUPPLEMENT
100 CAPSULES

CODE 017914

GRG

Directions: As a dietary supplement, take one capsule daily.

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1)(as Thiamin Mononitrate) 50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Niacinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	50 mcg 17%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Choline Bitartrate	50 mg *
Inositol	50 mg *
para-Aminobenzoic Acid (PABA)	50 mg *

* Daily Value not established.

Other Ingredients: Gelatin, Mono- & Diglycerides, Whole Brown Rice Powder (*Oryza sativa*), Brewer's Yeast, Soy Lecithin, Alfalfa Leaf Powder (*Medicago sativa*), Watercress Herb Powder (*Nasturtium officinale*), Parsley Herb Powder (*Petroselinum crispum*).

CONTAINS: Wheat

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.

Lot No./Best By: