

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

* 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.

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE



GNC

B-COMPLEX
Big 100[®]

Essential for energy production
& carbohydrate metabolism*

DIETARY SUPPLEMENT
250 VEGETARIAN CAPLETS

CODE 055103

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

Supplement Facts

Serving Size One Caplet

| Amount Per Serving | % Daily Value | |
|---------------------------------------------------|---------------|-------|
| Thiamin (Vitamin B-1) (as Thiamin Mononitrate) | 100 mg | 6667% |
| Riboflavin (Vitamin B-2) | 100 mg | 5882% |
| Niacin (as Niacinamide) | 100 mg | 500% |
| Vitamin B-6 (as Pyridoxine Hydrochloride) | 100 mg | 5000% |
| Folic Acid | 400 mcg | 100% |
| Vitamin B-12 (as Cyanocobalamin) | 100 mcg | 1667% |
| Biotin | 100 mcg | 33% |
| Pantothenic Acid (as Calcium d-Pantothenate) | 100 mg | 1000% |
| Choline Bitartrate | 100 mg | * |
| Inositol | 100 mcg | * |
| para-Aminobenzoic Acid (PABA) | 30 mg | * |

* Daily Value not established.

Other Ingredients: Cellulose.

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

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, Gluten Free, No Corn, No Soy, No Dairy, Yeast Free.

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Lot No./Best By: