

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com

GNC

B-Complex 150

TIMED-RELEASE

Metabolism & energy
production*

Immune & nervous
system functions*

Healthy brain, skin,
hair and nails*

100 VEGETARIAN CAPLETS

100-DAY SUPPLY



DIETARY SUPPLEMENT

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

CODE 051313

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).....	150 mg.....12500%
Riboflavin (Vitamin B-2).....	150 mg.....11538%
Niacin (as Niacinamide).....	150 mg.....938%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	150 mg.....8824%
Folate.....	680 mcg DFE.....170%
	(400 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin).....	150 mcg.....6250%
Biotin.....	150 mcg.....500%
Pantothenic Acid (as Calcium d-Pantothenate).....	150 mg.....3000%
Choline (as Choline Bitartrate).....	63 mg.....11%
para-Aminobenzoic Acid (PABA).....	150 mg.....*
Inositol.....	150 mcg.....*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Dicalcium Phosphate, Calcium Silicate, Stearic Acid Vegetable Source, Silicon Dioxide, Magnesium Stearate Vegetable Source, Carnauba Wax, Rice Bran Powder (*Oryza sativa*), Polyethylene Glycol.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

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. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

No Artificial Colors, No Artificial Flavors, Gluten Free, No Milk.



**GLUTEN
FREE**



Lot No./Best By:

