

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

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

For More Information:  
1-888-462-2548

GNC.com  
Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

**GNC**

# B-Complex 50

Metabolism & energy production\*

Immune & nervous  
system functions\*

Healthy brain,  
skin, hair and  
nails\*



100 CAPSULES

100-DAY SUPPLY

DIETARY SUPPLEMENT

CODE 017919

CUG

**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	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (as Niacinamide )	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	50 mcg	167%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	20 mg	4%
Inositol	50 mg	*
para-Aminobenzoic Acid (PABA)	50 mg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Corn Starch, Calcium Silicate, Mono- & Diglycerides, Magnesium Stearate Vegetable Source, Rice Bran Powder (*Oryza sativa*), Stearic Acid, Silicon Dioxide, Brewer's Yeast, Soy Lecithin, Alfalfa Leaf Powder (*Medicago sativa*), Watercress Herb Powder (*Nasturtium officinale*), Parsley Herb Powder (*Petroselinum crispum*).

**CONTAINS: Wheat and Soybeans.**

**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 before any lab test.

\* 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.

Lot No./Best By:

