

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.

Disintegrates over 5 hours for timed-release benefit.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For more information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
Made in the USA

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GNC

B-Complex 75 Complete™

DIETARY SUPPLEMENT

supports energy production
with antioxidants
and herbs*

60 CAPLETS

* 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.



CODE 248112

AJG

Directions: As a dietary supplement, take two caplets daily.

Supplement Facts

Serving Size Two Caplets

Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	10000 IU 200%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin C (as Ascorbic Acid)	500 mg 833%	Selenium (as Hydrolyzed Rice Protein Chelate)	50 mcg 71%
Vitamin D (as Cholecalciferol D-3)	400 IU 100%	Copper (as Copper Gluconate)	2 mg 100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	100 IU 333%	Chromium (as Hydrolyzed Rice Protein Chelate)	25 mcg 21%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	75 mg 5000%	Citrus Bioflavonoids Complex	100 mg *
Riboflavin (Vitamin B-2)	75 mg 4412%	Goldenseal Herb Powder (<i>Hydrastis canadensis</i>)	50 mg *
Niacin (as Niacinamide & Niacin)	75 mg 375%	Panax Ginseng Root Extract	50 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	75 mg 3750%	Guarana Seed Extract (<i>Paullinia cupana</i>)	50 mg *
Folic Acid	400 mcg 100%	Valerian Root Powder (<i>Valeriana officinalis</i>)	25 mg *
Vitamin B-12 (as Cyanocobalamin)	250 mcg 4167%	Licorice Root Powder (<i>Glycyrrhiza glabra</i>)	25 mg *
Biotin	75 mcg 25%		
Pantothenic Acid (as Calcium d-Pantothenate)	100 mg 1000%		

* Daily Value not established.

Other Ingredients: Cellulose, Food Glaze.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Lot No./Best By: