

For more information:
1-888-462-2548

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

ACTUAL SIZE

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GNC

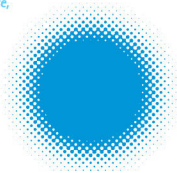
B-Complex 50

DIETARY SUPPLEMENT

essential for energy production

*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.*

B-Complex 50
100 CAPSULES



CODE 017913

EIG

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 sativum*).

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

No Sugar, No Artificial Colors, No Artificial Flavors, Sodium Free, No Wheat, No Gluten, No Dairy.

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

Lot No./Best By: