

For more
information:
1-888-462-2548

SHOP NOW @ GNC.COM

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

ACTUAL SIZE

Place UPC
Here
0 48107 00119 3

GNC

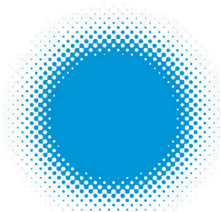
B-Complex 50

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
250 CAPSULES



CODE 017923

EIG

B-Vitamins are essential for carbohydrate metabolism and energy production.*

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 procedure #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.

*** 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.**

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

Lot No./Best By: