

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

0 48107 23663 2

Place UPC
Here

GNC

Big 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  Vegetarian CAPLETS

 TIMED
RELEASE

CODE 050811

FIG

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)	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	*
para-Aminobenzoic Acid (PABA)	30 mg	*
Inositol	50 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Food Glaze, Brewer's Yeast, Lecithin, Alfalfa Leaf Powder (Medicago Sativa), Watercress Herb Powder (Nasturtium officinale), Parsley Herb Powder (Petroselinum crispum), Whole Brown Rice (Oryza sativa).

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.

Potency verified by GNC procedure #5103. Conforms to USP <2091> for weight. Disintegrates over six hours for timed release benefit.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors,
No Preservatives, No Wheat, No Gluten, No Corn, No Dairy.

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

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Lot No./Best By: