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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC

Big 150™

DIETARY SUPPLEMENT

*essential for metabolism
and 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 150

100  Vegetarian CAPLETS

ACTUAL SIZE

0 48107 02485 7

Place UPC
Here

 **TIMED
RELEASE**

CODE 051311

JJG

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)	150 mg	10000%
Riboflavin (Vitamin B-2)	150 mg	8824%
Niacin (as Niacinamide)	150 mg	750%
Vitamin B-6 (as Pyridoxine Hydrochloride)	150 mg	7500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	150 mcg	2500%
Biotin	150 mcg	50%
Pantothenic Acid (as Calcium d-Pantothenate)	150 mg	1500%
Choline Bitartrate	150 mg	*
para-Aminobenzoic Acid (PABA)	150 mg	*
Inositol	150 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Whole Brown Rice Powder (*Oryza sativa*).

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

No Sugar, No Artificial Colors, No Artificial Flavors,
No Preservatives, No Wheat, No Gluten, No Corn, No Soy,
No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

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Lot No./Best By: