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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

GNC

Big 100[®]

DIETARY SUPPLEMENT

*replenishes B-vitamins lost
during stress**

*essential for energy production**

B-Complex 100

100  Vegetarian CAPLETS



CODE 055100

JKG

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)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium d-Pantothenate)	100 mg	1000%
Choline Bitartrate	100 mg	*
Inositol	100 mcg	*
para-Aminobenzoic Acid (PABA)	30 mg	*

* Daily Value not established.

Other Ingredients: Cellulose.

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

*** These statements have 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.

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Lot No./Best By:

