

For more information:
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Distributed by:
General Nutrition Corp.
Pittsburgh, PA 15222
Made in the USA

GNC

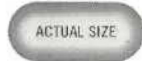
Big 100[®]

DIETARY SUPPLEMENT

*replenishes B-vitamins lost during stress
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 100
250 TABLETS



CODE 055101

DEG

Directions: As a dietary supplement, take one tablet daily.

Supplement Facts

Serving Size One Tablet

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 mcg 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 procedures #5103.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

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

B-Vitamins are essential for carbohydrate 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.

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

**KOSHER
VEGETARIAN**

Lot No./Best By: