

For more information:  
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

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

ACTUAL SIZE

0  
4  
8  
12  
0909 201814

**GNC**

# B-Complex 125 with C

DIETARY SUPPLEMENT

*supports energy production and  
natural resistance*

*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.*

 **TIMED  
RELEASE**

**60 CAPLETS**

CODE 055313

JJG

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

## Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	125 mg 208%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	125 mg 8333%
Riboflavin (Vitamin B-2)	125 mg 7353%
Niacin (as Niacinamide)	125 mg 625%
Vitamin B-6 (as Pyridoxine Hydrochloride)	125 mg 6250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	125 mcg 2083%
Biotin	125 mcg 42%
Pantothenic Acid (as Calcium d-Pantothenate)	125 mg 1250%
Choline Bitartrate	125 mg *
Inositol	125 mcg *
para-Aminobenzoic Acid (PABA)	75 mg *

\* Daily Value not established.

**Other Ingredients:** Cellulose, Dicalcium Phosphate, Rose Hips Powder (Rosina canina).

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 Soy, No Dairy, Yeast Free.

Lot No./Best By: