

For more information:
1-888-462-2548
Visit us at www.gnc.com
Distributed by:
General Nutrition Corp.
Pittsburgh, PA 15222
Made in the USA

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Potencies verified by GNC procedure #5015. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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



GNC MULTI

Multi-GelTM

DIETARY SUPPLEMENT

*softgel multiple
50 mg B-complex
easy-to-swallow*

27
INGREDIENTS

120 SOFTGEL CAPSULES

CODE 112721

KDG

Directions: As a dietary supplement, take two capsules daily with food.

Supplement Facts

Serving Size Two Capsules

Servings Per Container 60

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene and 50% as Fish Liver Oil)	10000 IU 200%	Phosphorus (as Dicalcium Phosphate)	50 mg 5%
Vitamin C (as Ascorbic Acid)	300 mg 500%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as Fish Liver Oil)	400 IU 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin E (as d-alpha Tocopherol)	300 IU 1000%	Zinc (as Zinc Sulfate)	15 mg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3333%	Selenium (as Selenium Amino Acid Chelate)	50 mcg 71%
Riboflavin (Vitamin B-2)	50 mg 2941%	Copper (as Copper Gluconate)	2 mg 100%
Niacin (as Nicotinamide)	50 mg 250%	Manganese (as Manganese Sulfate)	10 mg 500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%	Potassium (as Potassium Sulfate)	30 mg 1%
Folic Acid	400 mcg 100%	Soybean Oil	442 mg *
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%	Lecithin	80 mg *
Biotin	50 mcg 17%	Inositol	50 mcg *
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%	para-Aminobenzoic Acid (PABA)	50 mg *
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg 20%	Choline (as Choline Bitartrate)	50 mg *
Iron (as Ferrous Fumarate)	18 mg 100%		

* Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Carmel Color, Rose Hips (Rosa canina).

Lot No./Best By: