

This product contains
100 mg of caffeine.

*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.

For More Information:
1-888-462-2548

GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



GNC

B-Complex

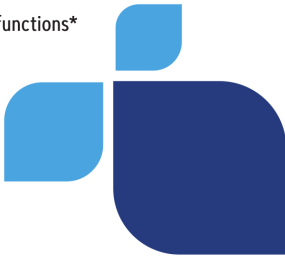
PLUS ENERGY

Metabolism & energy production*

Immune & nervous system functions*

100 mg caffeine
to boost energy*

120 CAPSULES
120-DAY SUPPLY



DIETARY SUPPLEMENT

CODE 018513

CUG

DIRECTIONS: As a dietary supplement, take one capsule daily. Do not take prior to bedtime.

Supplement Facts

Serving Size One Capsule

Amount Per Serving		% Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2941%
Folate	333 mcg DFE (200 mcg Folic Acid)	83%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	100 mcg	333%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	25 mg	5%
Caffeine Anhydrous	100 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Calcium Silicate, Silicon Dioxide, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin before any lab test.

Potency verified by GNC procedure #5103.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

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



**GLUTEN
FREE**

Lot No./Best By: