

**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 content before any lab test.

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

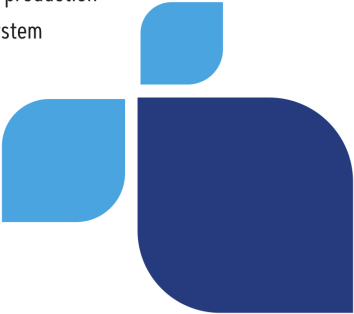
**For More Information:**  
**1-888-462-2548**  
**GNC.com**  
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**Pittsburgh, PA 15222 USA**



**GNC**

# B-Complex 50

Metabolism & energy production\*  
Immune & nervous system  
functions\*  
Healthy brain, skin,  
hair and nails\*



**250 CAPSULES**  
**250-DAY SUPPLY**

DIETARY SUPPLEMENT

**CODE 017929**  
**DIRECTIONS:** As a dietary supplement, take one capsule daily.

**CUG**

## 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 (as Niacinamide)                       | 50 mg         | 313%  |
| Vitamin B-6 (as Pyridoxine Hydrochloride)     | 50 mg         | 2941% |
| Folate                                        | 667 mcg DFE   | 167%  |
| (400 mcg Folic Acid)                          |               |       |
| Vitamin B-12 (as Cyanocobalamin)              | 50 mcg        | 2083% |
| Biotin                                        | 50 mcg        | 167%  |
| Pantothenic Acid (as Calcium d-Pantothenate)  | 50 mg         | 1000% |
| Choline (as Choline Bitartrate)               | 20 mg         | 4%    |
| Inositol                                      | 50 mg         | *     |
| para-Aminobenzoic Acid (PABA)                 | 50 mg         | *     |

\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Corn Starch, Calcium Silicate, Mono- & Diglycerides, Magnesium Stearate Vegetable Source, Rice Bran Powder (*Oryza sativa*), Stearic Acid, Silicon Dioxide, Brewer's Yeast, Soy Lecithin, Alfalfa Leaf Powder (*Medicago sativa*), Watercress Herb Powder (*Nasturtium officinale*), Parsley Herb Powder (*Petroselinum crispum*).

**CONTAINS: Wheat and Soybeans.**

Potencies verified by GNC procedures #5103 and #5118. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, No Dairy.

\* 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.

Lot No./Best By: