

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

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 50

Metabolism & energy production*

Immune & nervous
system functions*

Healthy brain,
skin, hair and
nails*



100 CAPSULES
100-DAY SUPPLY

DIETARY SUPPLEMENT

CODE 017919

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 (400 mcg Folic Acid)	167%
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.

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.

* 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:

