

**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**  
**Distributed by:**  
**General Nutrition Corporation**  
**Pittsburgh, PA 15222 USA**

ACTUAL SIZE

**GNC**

# B-Complex 100

Metabolism & energy production\*

Immune & nervous system  
functions\*

Healthy brain, skin,  
hair and nails\*

**250 VEGETARIAN CAPLETS**  
**250-DAY SUPPLY**

DIETARY SUPPLEMENT

**CODE 055114**

**DIRECTIONS:** As a dietary supplement, take one caplet daily.

**CUG**

## Supplement Facts

Serving Size One Caplet

| Amount Per Serving                                   | % Daily Value |
|------------------------------------------------------|---------------|
| Thiamin (Vitamin B-1)(as Thiamin Mononitrate) 100 mg | 8333%         |
| Riboflavin (Vitamin B-2) 100 mg                      | 7692%         |
| Niacin (as Niacinamide) 100 mg                       | 625%          |
| Vitamin B-6 (as Pyridoxine Hydrochloride) 100 mg     | 5882%         |
| Folate 667 mcg DFE<br>(400 mcg Folic Acid)           | 167%          |
| Vitamin B-12 (as Cyanocobalamin) 100 mcg             | 4167%         |
| Biotin 100 mcg                                       | 333%          |
| Pantothenic Acid (as Calcium d-Pantothenate) 100 mg  | 2000%         |
| Choline (as Choline Bitartrate) 40 mg                | 7%            |
| Inositol 100 mcg                                     | *             |
| para-Aminobenzoic Acid (PABA) 30 mg                  | *             |

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydrogenated Vegetable Oil, Dicalcium Phosphate, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate Vegetable Source, Stearic Acid Vegetable Source, Carnauba Wax, Ethylcellulose, Triacetin, Diacetylated Monoglycerides, Polyethylene Glycol, Oleic Acid.

Potencies verified by GNC procedures #5103.

Conforms to USP <2091> for weight.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors,  
No Preservatives, Sodium Free, No Wheat, Gluten Free,  
No Corn, 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: