

* 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 100

Metabolism & energy production*

Immune & nervous system
functions*



100 VEGETARIAN CAPLETS

30-DAY SUPPLY

DIETARY SUPPLEMENT

CODE 055104

CUG

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

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.....167%
(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin).....	100 mcg.....4167%
Biotin	100 mcg.....333%
Pantothenic Acid (as Calcium d-Panthenate)	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.

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.

Potencies verified by GNC procedure #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.



**GLUTEN
FREE**

Lot No./Best By:

