

*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



GLUTEN
FREE

ACTUAL SIZE

0
4
8
1
0
7
1
7
7
5
3
9

FPO

GNC

B-Complex 150

TIMED-RELEASE

Metabolism & energy
production*

Immune & nervous
system functions*

Healthy brain, skin,
hair and nails*

100 VEGETARIAN CAPLETS

100-DAY SUPPLY



DIETARY SUPPLEMENT

CODE 051313

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).....	150 mg.....12500%
Riboflavin (Vitamin B-2).....	150 mg.....11538%
Niacin (as Niacinamide).....	150 mg.....938%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	150 mg.....8824%
Folate.....	667 mcg DFE.....167%
(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin).....	150 mcg.....6250%
Biotin.....	150 mcg.....500%
Pantothenic Acid (as Calcium d-Pantothenate).....	150 mg.....3000%
Choline (as Choline Bitartrate).....	63 mg.....11%
para-Aminobenzoic Acid (PABA).....	150 mg.....*
Inositol.....	150 mcg.....*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Dicalcium Phosphate, Calcium Silicate, Stearic Acid Vegetable Source, Silicon Dioxide, Magnesium Stearate Vegetable Source, Carnauba Wax, Rice Bran Powder (*Oryza sativa*), Ethylcellulose, Triacetin, Diacetylated Monoglycerides, Oleic Acid, Polyethylene Glycol.

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.

Potency verified by GNC procedure #5103.

Conforms to USP <2091> for weight.

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

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Lot No./Best By: