

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.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For More Information:

1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:

General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE



GNC

B-Complex

50 MG

Essential for energy production
& carbohydrate metabolism*

DIETARY SUPPLEMENT
250 CAPSULES

CODE 017924

JNG

Directions: As a dietary supplement, take one capsule daily.

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	500%
Choline Bitartrate	50 mg	*
Inositol	50 mg	*
para-Aminobenzoic Acid (PABA)	50 mg	*

* Daily Value not established.

Other Ingredients: Gelatin, Mono- & Diglycerides, Whole Brown Rice Powder (*Oryza sativa*), Brewer's Yeast, Soy Lecithin, Alfalfa Leaf Powder (*Medicago sativa*), Watercress Herb Powder (*Nasturtium officinale*), Parsley Herb Powder (*Petroselinum sativum*).

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, Sodium Free, No Wheat, No Gluten, No Dairy.

Lot No./Best By: