

\* 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.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:

General Nutrition Corporation  
Pittsburgh, PA 15222



**GNC**

# B-Complex 125 with C

Supports energy production  
& natural resistance\*

Timed-Release

DIETARY SUPPLEMENT  
**60 CAPLETS**

**CODE 055318**

**JNG**

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

## Supplement Facts

Serving Size One Caplet

| Amount Per Serving                                | % Daily Value |       |
|---------------------------------------------------|---------------|-------|
| Vitamin C (as Ascorbic Acid)                      | 125 mg        | 208%  |
| Thiamin (Vitamin B-1)<br>(as Thiamin Mononitrate) | 125 mg        | 8333% |
| Riboflavin (Vitamin B-2)                          | 125 mg        | 7353% |
| Niacin (as Niacinamide)                           | 125 mg        | 625%  |
| Vitamin B-6 (as Pyridoxine Hydrochloride)         | 125 mg        | 6250% |
| Folic Acid                                        | 400 mcg       | 100%  |
| Vitamin B-12 (as Cyanocobalamin)                  | 125 mcg       | 2083% |
| Biotin                                            | 125 mcg       | 42%   |
| Pantothenic Acid<br>(as Calcium d-Pantothenate)   | 125 mg        | 1250% |
| Choline Bitartrate                                | 125 mg        | *     |
| Inositol                                          | 125 mcg       | *     |
| para-Aminobenzoic Acid (PABA)                     | 75 mg         | *     |

\* Daily Value not established.

**Other Ingredients:** Cellulose, Dicalcium Phosphate, Rose Hips Powder (Rosa canina).

Potencies verified by GNC procedure #5103. Conforms to USP <2091> for weight. Disintegrates over five hours for timed-release benefit.

No Sugar, No Artificial Colors, No Artificial Flavors.

No Preservatives, No Wheat, No Gluten, No Soy, No Dairy, Yeast Free.

Lot No./Best By: