

GNC

B-Complex Complete™

Supports energy production
& carbohydrate metabolism*

Enhanced with antioxidant & herbal blend

Timed-Release

DIETARY SUPPLEMENT
60 CAPLETS

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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. Disintegrates over 5 hours for timed-release benefit.
KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

For More Information:
1-888-482-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

FPO

CODE 248113

JNG

Directions: As a dietary supplement, take two caplets daily.

Supplement Facts

Serving Size Two Caplets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A.....	10000 IU..... 200%
(50% as beta-Carotene; 50% as Retinyl Acetate)	
Vitamin C (as Ascorbic Acid).....	500 mg..... 833%
Vitamin D (as Cholecalciferol D-3).....	400 IU..... 100%
Vitamin E.....	100 IU..... 333%
(as Natural d-alpha Tocopheryl Succinate)	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate).....	75 mg..... 5000%
Riboflavin (Vitamin B-2).....	75 mg..... 4412%
Niacin (as Nicotinamide & Niacin).....	75 mg..... 375%
Vitamin B-6 (as Pyridoxine Hydrochloride).....	75 mg..... 3750%
Folic Acid.....	400 mcg..... 100%
Vitamin B-12 (as Cyanocobalamin).....	250 mcg..... 4167%
Biotin.....	75 mcg..... 25%
Pantothenic Acid (as Calcium d-Pantothenate).....	100 mg..... 1000%
Iron (as Ferrous Fumarate).....	18 mg..... 100%
Selenium (as Hydrolyzed Rice Protein Chelate).....	50 mcg..... 71%
Copper (as Copper Gluconate).....	2 mg..... 100%
Chromium (as Hydrolyzed Rice Protein Chelate).....	25 mcg..... 21%
Citrus Bioflavonoids Complex.....	100 mg..... *
Golden Seal Herb Powder (<i>Hydrastis canadensis</i>).....	50 mg..... *
Panax Ginseng Root Extract.....	50 mg..... *
Guarana Seed Extract (<i>Paullinia cupana</i>).....	50 mg..... *
Valerian Root Powder (<i>Valeriana officinalis</i>).....	25 mg..... *
Licorice Root Powder (<i>Glycyrrhiza glabra</i>).....	25 mg..... *

* Daily Value not established.

Other Ingredients: Cellulose, Food Glucose.

* 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.

Lot No./Best By: