

* 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

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

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FPO

GNC

B-COMPLEX Big 150™

Essential for energy production
& carbohydrate metabolism*

Timed-Release

DIETARY SUPPLEMENT
100 VEGETARIAN CAPLETS

CODE 051312

JNG

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 10000%
Riboflavin (Vitamin B-2)	150 mg 8824%
Niacin (as Niacinamide)	150 mg 750%
Vitamin B-6 (as Pyridoxine Hydrochloride)	150 mg 7500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	150 mcg 2500%
Biotin	150 mcg 50%
Pantothenic Acid (as Calcium d-Pantothenate)	150 mg 1500%
Choline Bitartrate	150 mg *
para-Aminobenzoic Acid (PABA)	150 mg *
Inositol	150 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Whole Brown Rice Powder (*Oryza sativa*).

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 Corn, No Soy, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

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Lot No./Best By: