

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

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC

B-Complex + Energy

Sustained release energy-boosting formula*
Delivers nutrients at ideal times to help
facilitate absorption*
Features 100 mcg vitamin B-12

DIETARY SUPPLEMENT
120 CAPSULES

CODE 018512

CRG

Directions: As a dietary supplement, take one capsule daily. Do not take prior to bedtime. For maximum benefits, take as directed every day.

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	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	500%
6 Hour Caffeine Blend (Sustained Release & Anhydrous)	100 mg	*
Choline (as Choline Bitartrate)	25 mg	*

* Daily Value not established.

Other Ingredients: Gelatin, Cellulose.

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.

Potency verified by GNC procedure #5103. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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

* 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.

Lot No./Best By:

