

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

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE



GNC

B-COMPLEX
Big 100®

Essential for energy production
& carbohydrate metabolism*

DIETARY SUPPLEMENT
250 VEGETARIAN CAPLETS

CODE 055103

ARG

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)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as Calcium d-Pantothenate)	100 mg	1000%
Choline Bitartrate	100 mg	*
Inositol	100 mcg	*
para-Aminobenzoic Acid (PABA)	30 mg	*

* Daily Value not established.

Other Ingredients: Cellulose.

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

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



Lot No./Best By: