

GNC

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:

1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222

B-Complex Complete™

Supports energy production
& carbohydrate metabolism*

Enhanced with antioxidant & herbal blend

Timed-Release

DIETARY SUPPLEMENT
60 CAPLETS

CODE 248113

BRG

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 Niacinamide & 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..... *
Goldenseal 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 Glaze.

* 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:

