

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. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

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

For More Information:
1-888-462-2548
GNC.com

ACTUAL SIZE



GNC

B-Complex 100

Metabolism & energy production*

Immune & nervous system
functions*

Healthy brain, skin,
hair and nails*

250 VEGETARIAN CAPLETS

250-DAY SUPPLY

DIETARY SUPPLEMENT

* 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.

CODE 055114

JWG

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	8333%
Riboflavin (Vitamin B-2) 100 mg	7692%
Niacin (as Niacinamide) 100 mg	625%
Vitamin B-6 (as Pyridoxine Hydrochloride) 100 mg	5882%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin) 100 mcg	4167%
Biotin 100 mcg	333%
Pantothenic Acid (as Calcium d-Pantothenate) 100 mg	2000%
Choline (as Choline Bitartrate) 40 mg	7%
Inositol 100 mcg	*
para-Aminobenzoic Acid (PABA) 30 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydrogenated Vegetable Oil, Dicalcium Phosphate, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate Vegetable Source, Stearic Acid Vegetable Source, Carnauba Wax, Ethylcellulose, Triacetin, Polyethylene Glycol, Oleic Acid.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

No Artificial Colors, No Artificial Flavors,
No Preservatives, Gluten Free, No Milk.



Lot No./Best By: