

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.  
For More Information:  
1-888-462-2548  
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GNC

# B-Complex 50

Metabolism and cellular energy production\*

Nutrients for cognitive, immune and nervous systems\*

Healthy hair, skin and nails\*



90 CAPSULES  
90-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.

CGR 060201  
DIRECTIONS: As a dietary supplement, take one capsule daily.

## Supplement Facts

Amount Per Serving	% Daily Value
<b>Total B-Vitamins</b>	<b>400%</b>
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg
Riboflavin (Vitamin B-2)	50 mg
Niacin (as Nicotinamide)	50 mg
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg
Folate	600 mcg DFE
(400 mcg Folate)	100%
50 mcg	125%
Vitamin B-12 (as Cyanocobalamin)	50 mcg
Biotin	50 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg
Choline (as Choline Bitartrate)	200 mg
Inositol	50 mg
para-Aminobenzoic Acid (PABA)	50 mg

\*Daily Value not established.

**OTHER INGREDIENTS:** Cellulose (Vegetable and/or Purified), Corn Starch, Calcium Silicate, Dicalcium Phosphate and Less than 2%, Cellulose, Gum Arabic, Magnesium Stearate, Vegetable Source, Methylcellulose, Silicon Dioxide, Sodium Lauryl Sulfate, Stearic Acid, Salt.

**Distributed by:** GNC Holdings, LLC, Pittsburgh, PA 15222 USA  
Contains a bioengineered food ingredient.  
No Artificial Colors, No Artificial Flavors, No MSG.  
**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. Biotin may cause a temporary flushing reaction. Before your physician of this product's biotin before any lab test.

Lot No. (Best By)