

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

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222  
Made in the USA

ACTUAL SIZE



GNC

# B-Complex

## 50 MG

DIETARY SUPPLEMENT  
100 VEGETARIAN CAPSULES

CODE 492311

GRG

Directions: As a dietary supplement, take one capsule daily.

## 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 (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%
Folic Acid (as Cyanocobalamin)	400 mcg	100%
Vitamin B-12	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	500%
Choline Bitartrate	50 mg	*
Inositol	50 mg	*
para-Aminobenzoic Acid (PABA)	50 mg	*

\* Daily Value not established.

**Other Ingredients:** Vegetable Cellulose Capsule, Corn Starch, Talc, Mono- & Diglycerides, Magnesium Stearate, Whole Brown Rice Powder (*Oryza sativa*), Stearic Acid Vegetable Source, Dicalcium Phosphate, Silicon Dioxide, Brewer's Yeast, Soy Lecithin, Alfalfa Leaf Powder (*Medicago sativa*), Watercress Herb Powder (*Nasturtium officinale*), Parsley Herb Powder (*Petroselinum crispum*), Acacia.

**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.

Lot No./Expire Date: