

KEEP OUT OF REACH OF
CHILDREN.

Store in a cool, dry
place.

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

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.

CODE 080201

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

BYG

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	50 mg 4167%
Riboflavin (Vitamin B-2)	50 mg 3846%
Niacin (as Niacinamide)	50 mg 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2941%
Folate	680 mcg DFE 170%
(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	50 mcg 2083%
Biotin	50 mcg 167%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 1000%
Choline (as Choline Bitartrate)	20 mg 4%
Inositol	50 mg *
para-Aminobenzoic Acid (PABA)	50 mg *

* Daily Value not established.

OTHER INGREDIENTS: Gelatin (Bovine and/or Porcine), 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, Talc.

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

Contains a bioengineered food ingredient.

No Artificial Colors, No Artificial Flavors, No Milk.

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 before any lab test.

Lot No./Best By:

A-Z 300 cc label die - 3" x 7" WIND #4

GNC
LIVE WELL

75 Hopper Place, Suite 501
Pittsburgh, PA 15222

Round: RELEASE - AP

Revise Date: 4/20/23

File name:
080201_BYG_BComplex_Label.eps

Application: Adobe Illustrator CC

Artwork is set up at 100%

Color Palette

4 Spot

PMS 185	BLACK
PMS 2191	PMS 287

Contact: Heather Cass at GNC, 412.338.2577
or Email: heather-cass@gnc-hq.com

Supplier is responsible for checking files for accuracy in:

- measurements
- print tolerance requirements
- registration
- construction of artwork

* Changes made to suit production requirements must be approved by GNC.

* Proofs and copy changes must be sent to GNCPackaging@gnc-hq.com for review.

COLORS ARE COMPUTER SIMULATED
AND ARE NOT FOR COLOR MATCHING.
Varnishes/Coatings may not be included in color palette specifications.
Refer to print specifications.