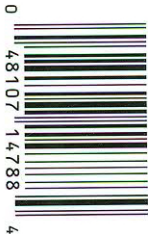


WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

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

Big 50[®]

B-complex formula

DIETARY SUPPLEMENT
100 TABLETS

CODE 050867

GRG

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

Supplement Facts

Serving Size One Tablet

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	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg	500%
Choline Bitartrate	50 mg	*
Inositol	50 mcg	*
para-Aminobenzoic Acid (PABA)	30 mg	*

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Vegetable Stearate, Talc, Magnesium Stearate, Vegetable Source, Dicalcium Phosphate, Silica, Brewer's Yeast, Soy Lecithin, Alfalfa Leaf Powder (*Medicago Sativa*), Watercress Herb Powder (*Nasturtium officinale*), Parsley Herb Powder (*Petroselinum crispum*), Whole Brown Rice (*Oryza sativa*), Food Glaze.

Vegetarian **Ko**

Lot No./Expire Date: