

SAFETY SEALED. DO NOT
USE IF PRINTED SEAL
UNDER CAP IS CUT,
TORN, OR MISSING.

*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.

exchange
select™

QUICK DISSOLVE • CHERRY FLAVOR

VITAMIN B₁₂ 2500 mcg



EVERYDAY HEALTH*

• PROMOTES & FUELS ENERGY*

60 TABLETS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin B12 2500 mcg	104167%

INGREDIENTS: Mannitol, Microcrystalline Cellulose, Stearic Acid, Croscopovidone. Contains 2% or less of magnesium stearate, methylcobalamin, natural cherry flavor, red beet root (color), silicon dioxide, sucralose.

Manufactured for:
Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728
1-866-927-5470

Directions: Adults - As a dietary supplement, dissolve one tablet daily under tongue for 30 seconds, then swallow.

Keep out of the reach of children.
Store at 15° - 30° C (59° - 86° F).

Methylcobalamin is the metabolically active form of Vitamin B₁₂, and is generally better absorbed than other forms of B₁₂ (cyanocobalamin). Methylcobalamin supports the nervous system, heart health, mood and cognition.*

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

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**NO ARTIFICIAL DYES OR FLAVORS
NO GLUTEN • NO LACTOSE**

**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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USA646712