

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™

TIMED RELEASE

VITAMIN B₁₂ 1000 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 1000 mcg	41667%

INGREDIENTS: Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose. Contains 2% or less of cyanocobalamin, magnesium stearate, silicon dioxide, starch.

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

Directions: Adults - Take one tablet daily with food as a dietary supplement.

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

Vitamin B12 is needed to synthesize hemoglobin, help manufacture healthy blood cells and maintain the nervous system.*

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 COLORS OR FLAVORS
NO GLUTEN • NO LACTOSE**

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

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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