

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  
**B-100  
COMPLEX**



EVERYDAY HEALTH\*

• PROMOTES & FUELS ENERGY\*

50 TABLETS  
DIETARY SUPPLEMENT

quality  
value

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                               | % Daily Value |
|--------------------------------------------------|---------------|
| Thiamin 100 mg.....                              | 8333%         |
| Riboflavin 100 mg.....                           | 7692%         |
| Niacin 100 mg.....                               | 625%          |
| Vitamin B6 100 mg.....                           | 5882%         |
| Folate 680 mcg DFE .....<br>(400 mcg folic acid) | 170%          |
| Vitamin B12 100 mcg .....                        | 4167%         |
| Biotin 100 mcg .....                             | 333%          |
| Pantothenic Acid 100 mg.....                     | 2000%         |

**INGREDIENTS:** Thiamine Mononitrate, Pyridoxine Hydrochloride, D-Calcium Pantothenate, Riboflavin, Nicotinamide, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose. Contains 2% or less of biotin, cyanocobalamin, folic acid, magnesium stearate, polyvinyl alcohol, silicon dioxide. May contain carnauba wax, dicalcium phosphate.

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.

B-Complex vitamins aid in energy production and metabolism, support the immune and nervous systems, and enhance skin and muscle tone.\*

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

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

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

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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518598  
USA646714