

SAFETY SEALED. DO NOT USE IF  
PRINTED SEAL UNDER CAP IS  
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TIMED RELEASE

# VITAMIN B<sub>12</sub> 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 | 16667%        |

**INGREDIENTS:** Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Silicon Dioxide, Cornstarch, Magnesium Stearate, Cyanocobalamin. May contain sodium chloride.

**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).

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

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.

\*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.

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

Manufactured for:  
Your Military Exchanges By:  
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