

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

exchange
select[™]

SUPER B-COMPLEX



EVERYDAY HEALTH[®]

• PROMOTES & FUELS ENERGY*

140 TABLETS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Total Carbohydrate < 1 g.....	< 1%**
Vitamin C 150 mg	250%
Thiamin 100 mg.....	6667%
Riboflavin 20 mg.....	1176%
Niacin 25 mg.....	125%
Vitamin B6 2 mg.....	100%
Folate 400 mcg	100%
Vitamin B12 15 mcg.....	250%
Biotin 30 mcg	10%
Pantothenic Acid 5.5 mg	55%

** Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Calcium Carbonate, Ascorbic Acid, Thiamine Mononitrate, Microcrystalline Cellulose, Sorbitol, Nicotinamide, Riboflavin, D-Calcium Pantothenate, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, Folic Acid, Biotin, Pyridoxine Hydrochloride, Cyanocobalamin, Hydroxypropyl Methylcellulose, Polyvinyl Alcohol. May contain DL-tartaric acid, maltodextrin, povidone, starch, tricalcium phosphate.

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

B-Complex vitamins assist in converting food into energy and amino acids. They are also necessary for the normal functioning of the nervous system. Vitamin C supports the immune 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:
International Vitamin Corporation
Freehold, NJ 07728
1-866-927-5470

FRESHNESS AND POTENCY GUARANTEED THROUGH:

136985
518599
USA646933

6

14299 03833

2