

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

exchange
select™

VITAMIN B₁₂

500 mcg



EVERYDAY HEALTH*

• PROMOTES & FUELS ENERGY*

100 TABLETS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin B12 500 mcg	8333%

INGREDIENTS: Lactose, Dicalcium Phosphate. Contains 2% or less of carmine, cyanocobalamin, magnesium stearate, maltodextrin, stearic acid. Contains: Milk Derivative (lactose).

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 SUGAR

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."**

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FRESHNESS AND POTENCY GUARANTEED THROUGH:

