

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

# VITAMIN B<sub>12</sub>

## 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	20833%

**INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose. Contains 2% or less of croscarmellose sodium, crospovidone, cyanocobalamin, magnesium stearate, silicon dioxide, stearic acid.

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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518853  
USA649897