

21ST
CENTURY®



DIETARY SUPPLEMENT

B-1

100 mg

**Helps Convert Food Into Energy
And Helps Maintain The Nervous System***

~~110~~ 100 Tablets

Directions: Take one (1) tablet daily with any meal for maximum daily results, or as directed by your healthcare provider.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken.

Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No added Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.



0405

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 110

Amount Per Serving	% DV†
Thiamin (as Thiamin HCL, B-1) 100mg	6667%
Calcium (as Calcium Carbonate) 180 mg	18%

† Percent Daily Value (DV) based on a 2,000 calorie diet.

Other Ingredients: Cellulose, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Magnesium Stearate.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com



21ST Century® ... for a healthier future.

Vitamin B-1 100 mg

21st Century's® Vitamin B-1 (Thiamin Hydrochloride) plays a role in converting food into energy and helps maintain the nervous system.*

0405

