

Suggested Usage: As a dietary supplement, take 1 tablet daily, preferably with meals.

Vitamin B-1, also known as Thiamine, is an essential nutrient first classified in 1936 by the chemist Robert Williams. As a coenzyme, thiamine helps your body metabolize carbohydrates and lipids and in a nonenzymatic capacity plays a role in nerve tissue.*

*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.

Daily Essentials

Vitamin B-1

100 mg Thiamine

Dietary Supplement

100 Tablets



PHYSICIAN'S PREFERENCE®

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 100

Amount Per Serving	%Daily Value
Thiamine (as Thiamine HCl) 100 mg (Vitamin B-1)	6670%

Other Ingredients: Cellulose, Stearic acid, Magnesium stearate, Silica.

Contains no sugar, salt, starch, yeast, wheat, corn, soy or milk.

Physician's Preference, Inc.
20214 Braidwood Dr., Ste. 160, Katy, TX 77450
(281) 646-1659 1 (800) 579-6545
www.physicianspreference.com