



Tamper evident:
use only if seal is intact.
Please recycle bottle.
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PLEASE RECYCLE
THIS BOTTLE

DISTRIBUTED BY: WHOLE FOODS MARKET
550 BOWIE STREET • AUSTIN, TX 78703
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WHOLE FOODS™

Vitamin B1

Essential B-Vitamin†

100 tablets • 100mg each
vegetarian

Vitamin Supplement

Directions: Take 1 tablet daily with a meal.

S u p p l e m e n t F a c t s

Serving Size 1 tablet

Amount per serving	% Daily Value
Thiamin (as thiamine mononitrate)	100mg 6667

Other ingredients: Dicalcium phosphate, stearic acid, silicon dioxide, magnesium stearate, croscarmellose sodium.

Good Manufacturing Practices used to segregate in a facility that also processes milk, egg, fish, shellfish, tree nut, wheat and soy ingredients.

Contains no artificial colors, flavors or preservatives.

Note: If you are pregnant or lactating, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

†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.