

CODE 0446

V2



Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108
Made in the U.S.A. www.nowfoods.com

Store in a cool, dry place. Please Recycle.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

tissue.*

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 noncoenzymatic capacity plays a role in nerve

SUGGESTED USAGE: As a dietary supplement, take one tablet daily, preferably with meals. Consider taking this product in combination with NOW® B-Complex, Ginkgo Biloba and Brain Elevate™.



B-1

NERVOUS SYSTEM HEALTH

100 mg

- Supports Energy Production and Healthy Nerve Tissue*

100 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamine (as Thiamine HCl) (Vitamin B-1)	100 mg	6667%

Other ingredients: Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

ACTUAL
SIZE