



Vitamin B-1

Vitamin Supplement

250 capsules • 100 mg



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule per day with water.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Thiamin USP	100 mg	8,333%
(vitamin B-1) (as thiamin HCl)		

Other ingredients: Rice flour, gelatin, magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148

or visit our website at www.swansonvitamins.com



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