Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Vitamin B₁ 100 mg Capsules contain pure crystalline vitamin B₁ (thiamin HCI). Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

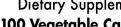
Manufactured by **Bluebonnet Nutrition Corporation** 12915 Dairy Ashford Sugar Land, TX 77478 USA www.bluebonnetnutrition.com







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Serving Size 1 Capsule % Daily Amount Per Serving Value 100 ma 6667 Vitamin B₁

Daily Value based on a 2.000 calorie diet.

(as thiamin HCI)

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

