

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 HCl). Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Manufactured by
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Bluebonnet



**Vitamin
B₁ 100 mg**



**Dietary Supplement
100 Vegetable Capsules**



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin B ₁ (as thiamin HCl)	100 mg	8333

Daily Value based on a 2,000 calorie diet.

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