

**TAMPER
RESISTANT:
DO NOT USE IF SEAL
UNDER CAP IS
BROKEN OR
MISSING.**



B630

05D

VITAMIN WORLD

NATURALLY INSPIRED®



Vitamin B-1 250 mg

**Supports Energy Metabolism and
Nervous System Health***
Dietary Supplement

**100 EASY TO SWALLOW
COATED TABLETS**

ACTUAL
SIZE

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	250 mg	16,667%

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Vegetable Stearic Acid, Silica, Cellulose Coating, Vegetable Magnesium Stearate.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

PROD. NO. 630

There is no question about it. A good diet can contribute to better health. One way to ensure that you are getting your Daily Values for B-Vitamins is to take dietary supplements. As a B-Vitamin, Thiamin (Vitamin B-1) plays a role in the nervous system and energy metabolism.*

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

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

TO REORDER CALL 1-800-228-4533

Or Order On The Web www.vitaminworld.com

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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