

Vitamin B1 is important to sustain a healthy nervous system and support muscle function.* B1 also helps convert carbohydrates, fats and proteins into energy.*

* 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER-PARVE

NO YEAST, CORN OR WHEAT

NO SOY OR MILK

NO SALT OR SUGAR

NO PRESERVATIVES

NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



ESTABLISHED
— 1971 —

Country[®]
Life

VITAMIN B1

100 mg

Certified Gluten-Free

- Supports the nervous system*
- Supports energy*

Dietary Supplement **100** Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving		% Daily Value
Thiamin (vitamin B1) (as thiamine hydrochloride)	100 mg	8,333%

Other Ingredients: Cellulose, stearic acid, silica, magnesium stearate.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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Product No. 6001