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Vitamin B1 100 mg

Tablets

Vitamin B₁, or thiamin, is important for cellular energy production.[†]

- Helps convert food into cellular energy[†]

Count	100
Type	Tablets
Frequency	1 Daily
Dosage	100 mg

Vitamin B₁, also known as thiamin, is part of the family of B vitamins. It helps support cellular energy production and normal nervous system function.[†]

- Helps convert food into cellular energy[†]
- Helps support normal nervous system function[†]

Nature Made® Vitamin B₁ 100 mg is guaranteed to meet our high quality standards – it is made from carefully selected ingredients under strict manufacturing processes.

- #1 Pharmacist Recommended Letter Vitamin Brand[†]
- United States Pharmacopeia (USP) Verified
- No Artificial Flavors
- No Color Added
- No Preservatives
- No Yeast or Starch
- Gluten Free

[†]Based on US News & World Report - Pharmacy Times Survey of pharmacist recommending in this category.

VITAL FOR CONVERTING FOOD INTO CELLULAR ENERGY – Vitamin B₁ (Thiamin) also helps support normal nervous system function.[†]

No Color Added • No Artificial Flavors • No Preservatives • No Yeast or Starch • Gluten Free

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Thiamin (as Thiamin Mononitrate) 100 mg	6,667%
Calcium (as Calcium Carbonate) 34 mg	3%

SUGGESTED USE: Take one tablet daily with a meal. For easier swallowing, take with water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

OTHER INGREDIENTS: Cellulose Gel, Maltodextrin, Croscarmellose Sodium, Magnesium Stearate.

Distributed by: Nature Made Nutritional Products

Mission Hills, CA 91346-9606, U.S.A. 1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements. www.uspverified.org

[†]Based on Pharmacy Times survey of pharmacists recommending Letter Vitamin Supplements.

[†]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.

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