

SUGGESTED USE: Take 1 capsule with or without food once daily or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

Thiamin provides 50 mg of thiamin per vegetarian capsule. Thiamin, or vitamin B1, may help support healthy brain function and normal energy levels.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial colors, or artificial flavors.

Thiamin Meets or Exceeds cGMP Quality Standards.



P H Y S I C I A N F O R M U L A T E D



Seeking Health®

Thiamin

50 mg

Dietary Supplement

120 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

	Amount Per Serving	%Daily Value
Thiamin (as thiamine hydrochloride)	50 mg	4,167%

Other Ingredients: Microcrystalline cellulose, HPMC (capsule), ascorbyl palmitate, and silica.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for and Distributed by:

Seeking Health, LLC
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Bellingham, WA 98225
(800) 547-9812

REV. 122117
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