

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving	% DV
Vitamin B1 100 mg	6670%
(as thiamine mononitrate)	

OTHER INGREDIENTS: Magnesium carbonate, gelatin (Kosher & Halal certified), water.

Vitamin B1

standard
VITAMINS

thiamine

100 mg per capsule

Vitamin B1 is needed for cells to convert carbohydrates into **energy**. It is essential for the normal function of the **heart** and **cardiovascular system**, **muscles**, and the **nervous system**.*

DIETARY SUPPLEMENT
100 CAPSULES

10
MINUTES

** These capsules will disintegrate in the digestive tract within 10 minutes after swallowing.

DIRECTIONS: Take 1 capsule daily, or as directed by your health care professional. Store container tightly closed in a cool, dry place. Keep out of children's reach. Pregnant or nursing women, or anyone taking medication or who has a medical condition, should consult a health-care professional before using this or any other dietary supplement.

QUALITY GUARANTEE: Certified potency and purity. Satisfaction guaranteed.

ALLERGEN STATEMENT: This product does not contain any of the major food allergens: milk, egg, fish, crustacean shell fish, tree nuts, wheat, peanuts and soybeans (see www.fda.gov). Gluten free.

* THESE STATEMENTS HAVE NOT BEEN APPROVED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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