

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving	% DV
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Vitamin B1 250 mg	16,670%
(as thiamine mononitrate)	

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

Vitamin B1

thiamine

250 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.

DIST. BY: Standard Vitamins Dist. Co.
Channahon, IL 63375
Made in the USA
1-800-USA-1000

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* 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.