

## Supplement Facts

Serving Size 1 capsule  
Servings Per Container 500

| Amount Per Serving        | % DV  |
|---------------------------|-------|
| Vitamin B1 100 mg         | 9570% |
| (as thiamine mononitrate) |       |

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

# Vitamin B1

## 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  
500 CAPSULES

**10**  
MINUTES<sup>\*\*</sup>

\*\* 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](http://www.fda.gov)). Gluten free.

\* THIS STATEMENT HAS 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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Made in the USA

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