



Actual Color and Size

# Vitamin B-1

## 250 mg

Food/Dietary Supplement

**Suggested Use:** Take one (1) capsule daily with food. Do not exceed recommended daily dose unless directed by your health care practitioner.

### Supplement Facts

Serving Size = One (1) capsule

Servings Per Container = Varied

**Amount Per Serving**

**% Daily Value**

|                        |        |        |
|------------------------|--------|--------|
| Thiamine (Vitamin B-1) | 250 mg | 16667% |
| (Thiamine Mononitrate) |        |        |

**Other Ingredients:** Gelatin, magnesium stearate, and silicon dioxide.

**Notice:** If you are pregnant or nursing, taking medication or planning a surgery, consult your physician before using this product. If any adverse reactions occur stop taking the product and consult your physician.

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and soy. Food supplements should not be used as a substitute for a varied diet.



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In case of adverse event: 855-885-2855