



Actual Color and Size

Vitamin B-1

100 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.
Keep out of reach of children in a cool, dry place.

Supplement Facts

Serving Size = One (1) capsule

Servings Per Container = Varied

Amount Per Serving	% Daily Value	
Thiamine (Vitamin B-1)	100 mg	6667%
(Thiamine Mononitrate)		

Other Ingredients: Cellulose, 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.



294 Anna St., Watsonville, CA 95076
In case of adverse event: 855-885-2855