



DIETARY SUPPLEMENT

**VITAMIN
B-1 100 mg**

100
TABLETS

Actual
Size

Vitamin B-1 100 mg

List No.: 57

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100

Each Tablet Contains		% Daily Value
Thiamin	100 mg	6,667%
(Vitamin B-1 as Thiamine Mononitrate)		

Other Ingredients: Microcrystalline Cellulose, Calcium phosphate, Stearic Acid, Magnesium Stearate, Croscarmellose odium, Hydroxypropyl Methylcellulose, Silica.

Directions: As a dietary supplement, take one tablet daily, preferably with a meal.

May help to create energy in the body by promoting the proper metabolism of sugars.†

†This statement has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.