

SAFETY SEALED. DO NOT USE
IF PRINTED SEAL UNDER CAP
IS CUT, TORN, OR MISSING.

SATISFACTION GUARANTEED
OR YOUR MONEY BACK.



exchange
select



VITAMIN B¹

100 mg

Dietary Supplement
For a Healthy Nervous System*

100 Tablets USP

Made to U.S. Pharmacopeia (USP) quality, purity,
and potency standards. Laboratory tested to dissolve
within 45 minutes.

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
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Thiamin 100 mg	6667%
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INGREDIENTS: Dicalcium Phosphate, Thiamin Hydrochloride, Powdered Cellulose, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Colloidal Silicon Dioxide.

Directions: Take one tablet daily with a meal of your choice as a dietary supplement.

NO ARTIFICIAL COLORS OR FLAVORS
NO YEAST • NO SUGAR • NO LACTOSE
NO CHEMICAL SOLVENTS • NO SALT
NO WHEAT • NO TRANS FAT
NO PRESERVATIVES • NO GLUTEN

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

Vitamin B-1 plays an essential role in the conversion of carbohydrates into glucose to produce energy. It is also needed for proper muscle coordination and a healthy nervous system.*

Thiamin Hydrochloride Tablets USP.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured for:
Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728

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Questions or Comments:
1-866-927-5470

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