



Actual Color and Size

# Vitamin B-1

## 100 mg

**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 |
|------------------------------------|--------------------|---------------|
| Vitamin B-1 (Thiamine Mononitrate) | 100 mg             | 8333%         |

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.



TESTED  
GLUTEN  
FREE



CERTIFIED  
NON-GMO  
TESTED

[www.vitalbulk.com](http://www.vitalbulk.com)

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In case of adverse event: 855-885-2855