

SUPPORTS
ENERGY METABOLISM*

Vitamin B-1 (Thiamin) is a precursor to the active metabolite thiamin diphosphate, which is essential for the conversion of glucose into energy.* Thiamin also helps in the conversion of carbohydrates into energy reserves.* Our Vitamin B-1 is carefully tested and produced to superior quality standards.

◆ LG40411.01 BLK8382



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



VITAMIN —B-1—

THIAMIN HCl

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100 CAPSULES | 100 mg per Serving
DIETARY SUPPLEMENT

Recommendation: Take 1 capsule daily, preferably with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% DV
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Thiamin (Vitamin B1)	100 mg	8,333%
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Daily Value (DV).

Other ingredients: cellulose, gelatin (capsule), magnesium stearate

Keep out of reach of children.
Safety sealed with printed inner seal.
Do not use if seal is broken or missing.

GLUTEN FREE. No salt, wheat, corn, soy, dairy products, yeast-derived ingredients, or artificial colors, flavors, or preservatives.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE /
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