

SOURCE NATURALS®



DIETARY SUPPLEMENT

B-1

THIAMIN

SUPPORTS ENERGY PRODUCTION*
100 MG • 100 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Thiamin (vitamin B-1)	100 mg	8,333%
Calcium (as dibasic calcium phosphate)	35 mg	3%

Other ingredients: dibasic calcium phosphate, microcrystalline cellulose, stearic acid, modified cellulose gum, and silica.

Vitamin B-1 (thiamin) is essential for the metabolism of carbohydrates, some amino acids and alcohol. It is also necessary for the production of the neurotransmitter acetylcholine, and for the detoxification of both alcohol and lactic acid (a by-product of strenuous exercise). Thiamin has important roles in the production of energy and ATP derived from reactions in the Krebs cycle. A high carbohydrate diet, strenuous physical exercise, or chronic alcohol consumption may increase the physiological need for vitamin B-1.*

Suggested Use: 1 tablet daily.

NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

***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:

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