

Bluebonnet's Vitamin B₁ 100 mg Vegetable Capsules are formulated with vitamin B₁ (thiamin HCl) which may support energy production and mood health. ♦



Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of corn, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of 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.



Bluebonnet



**Vitamin
B₁ 100 mg**

Energy & Mood Support ♦



Dietary Supplement 100 Vegetable Capsules

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Serving		% Daily Value
Thiamin (as thiamin HCl)	100 mg	8333%

Other ingredients: Vegetable cellulose, capsule (hypromellose, purified water), vegetable magnesium stearate.

Manufactured by
Bluebonnet Nutrition Corporation
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