

List No. 1281  
USP Cat. A528  
14002

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**#1 PHARMACIST RECOMMENDED**

VITAMIN & SUPPLEMENT BRAND



**B1**  
**100 mg**



Helps support nervous system function†

**100 TABLETS**

Helps convert food into cellular energy†

**Dietary Supplement**

†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.

**SUGGESTED USE:** Adults, take 1 tablet daily with water and a meal. Store tightly closed, in a cool, dry place, out of reach of children. Do not use if imprinted seal under cap is broken or missing.

### Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Thiamin (as Thiamine Mononitrate) 100 mg	8333%
Calcium (as Calcium Carbonate) 34 mg	3%

**OTHER INGREDIENTS:** Cellulose Gel, Maltodextrin, Croscarmellose Sodium, Magnesium Stearate.

**DISTRIBUTED BY:**  
Nature Made Nutritional Products West Hills, CA 91309-9903, USA  
1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)

USP has tested and verified ingredients, potency and manufacturing process. USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org)  
★Based on Pharmacy Times Survey of pharmacists recommending Letter Vitamin Supplements.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free

**CAUTION:** If you are taking medication, including anticonvulsants, consult your physician before use.

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