

SOURCE NATURALS®



VITAMIN SUPPLEMENT

HIGH POTENCY

B-1

500 MG • 100 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Thiamin (vitamin B-1)	500 mg	33,333%
Magnesium (as magnesium citrate, malate, oxide & succinate)	100 mg	25%

Other ingredients: stearic acid, modified cellulose gum, acacia gum, magnesium stearate, and silica.

B-1 is intimately involved in many aspects of nerve health and function. The active co-enzyme form of B-1, thiamin pyrophosphate (TPP), is necessary for energy production and is essential for the formation of acetylcholine, a major neurotransmitter. Magnesium plays a role in neuromuscular transmission and activity, promoting muscle relaxation. A highly processed "junk food" diet, excessive alcohol intake, and exhaustive exercise may increase the need for 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.

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

***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.**

SN0888 REV 1111

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