

**swanson.com**  
or call 1-800-437-4148

- B-vitamin nutrition your body needs
- Essential for optimum mental and physical health
- Important in energy metabolism and nerve cell function

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one capsule per day with water.

**WARNING:** For adults only. Consult your health-care provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



# B1

VITAMIN B1 (Thiamin)  
Energy and Metabolism

100 mg per capsule

VITAMIN SUPPLEMENT | 250 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Thiamin USP 100 mg (vitamin B1) (as thiamin HCl)	8,333%

Other ingredients: Rice flour, gelatin, magnesium stearate, silica.

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