

**SUGGESTED USE:** As a dietary supplement, take 1 capsule per day.

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any 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.

**DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.**

Developed and distributed by **Dr. Eric Berg DC**  
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# NATURAL VITAMIN B1+

Allithiamine  
With B Complex Blend

**60 Capsules**

Dietary Supplement

## Supplement Facts

Serving size 1 capsule

Servings per container 60

	Amount per Serving	%DV
Thiamin	0.3 mg	25%
Riboflavin	0.3 mg	23%
Niacin	4 mg	25%
Vitamin B6	0.4 mg	24%
Folate	100 mcg DFE	25%
Vitamin B12	0.6 mcg	25%
Biotin	7.5 mcg	25%
Pantothenic acid	1 mg	20%
Magnesium	100 mg	24%
Allithiamine	50 mg	*

\*Daily Value not established.

**Ingredients:** Magnesium citrate, vegetable capsule, B vitamin complex blend (broccoli (flower and stem), carrot (root), spinach (leaf), sunflower seed, chlorella), allithiamine, magnesium stearate