



B-1

NERVOUS SYSTEM HEALTH

100 mg

- Supports Energy Production
- Healthy Nerve Tissue*

100 Tablets

A Dietary Supplement
Vegetarian/Vegan



SUGGESTED USAGE: As a dietary supplement, take 1 tablet daily with a meal.

Vitamin B-1, also known as Thiamin, is a member of the B-Vitamin family that is naturally found in cereal grains, beans, nuts, eggs, and meats. Thiamin is involved in numerous body functions, including nervous system and muscle functioning, the flow of electrolytes in and out of nerve and muscle cells, carbohydrate metabolism, and the production of hydrochloric acid, which is necessary for proper digestion.*

*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.

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

Do Not Eat Freshness Packet. Keep in Bottle.

CODE 0446

V3



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl) (Vitamin B-1)	100 mg	6667%

Other ingredients: Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Formulated & Distributed by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
www.nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

