

As a B Vitamin, Thiamin (Vitamin B-1) plays a role in energy metabolism and nervous system function.*

NATURE'S BOUNTY®

VITAMIN

B-1

100mg | Thiamin HCl

Promotes
Energy
Metabolism*



DIRECTIONS: For adults, take one (1) to two (2) tablets daily, preferably with a meal.

Supplement Facts

Servings Size 1 Tablet

| Amount Per Serving | %Daily Value |
|--|--------------|
| Thiamin (Vitamin B-1) 100 mg (as Thiamin Hydrochloride) | 6,667% |

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
NATURE'S BOUNTY, INC.

Bohemia, NY 11716 U.S.A.
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Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.- Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.



Prod. No. 1670 B17590 07D

100 tablets VITAMIN SUPPLEMENT

