

Vitamin B1 (Thiamin), is part of the group of essential nutrients known as the B Complex. B Complex vitamins, including Vitamin B1, work to support and promote energy metabolism in the body. Vitamin B1 is essential for a healthy nervous system, muscle function, and overall well being, supporting the body during the stress of daily living. This product offers essential B1 in a convenient vegetarian dosage form.*

Carefully Manufactured by:
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SOLGB72950 00B



VITAMIN B 1

(THIAMIN)

100 MG

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGETARIANS

100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Vitamin B1	100 mg	6667%
(as thiamin HCl)		

DV = Daily Value

Other Ingredients: Vegetable Cellulose,
Silica, Vegetable Magnesium Stearate,
Microcrystalline Cellulose.

**FREE OF: Gluten, Wheat, Dairy,
Soy, Yeast, Sugar, Sodium, Artificial
Flavor, Sweetener, Preservatives
and Color.**

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

*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.

