

Vitamin B1 is important to sustain a healthy nervous system and support muscle function.* B1 also helps convert carbohydrates, fats and proteins into energy.*

***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.**

YES CERTIFIED VEGAN BY THE AVA	NO YEAST, CORN OR WHEAT
YES CERTIFIED GLUTEN FREE BY GFCO.ORG	NO SOY OR MILK
YES RECYCLABLE PACKAGING	NO SALT OR SUGAR
YES MANUFACTURING SUPPORTS WIND POWER	NO PRESERVATIVES
YES KOSHER PARVE	NO ARTIFICIAL COLOR

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:

01114NL



Dietary Supplement **100** Tablets

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AUTHENTICITY • CLEANLINESS • FRESHNESS
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ESTABLISHED
— 1971 —
**Country[®]
Life**

VITAMIN B1

100 mg

Certified Gluten-Free

- Supports the nervous system*
- Supports energy*

Directions: Adults take one (1) tablet daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Thiamin (vitamin B1) (as thiamine hydrochloride)	100 mg	6,667%

Other Ingredients: Cellulose, stearic acid, silica, magnesium stearate, vegetable glaze.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
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