

At Vitamin World we ensure the quality of all of our premium nutritional products, every step of the way. Strict quality analysis at world-class facilities guarantees that all Vitamin World® products are at the highest standard of potency and purity.



NUTRITION FROM THE SOURCE™

.....  
**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.**  
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**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

**TO REORDER PROD. #630**  
**www.vitaminworld.com**  
**1-800-228-4533**

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Holbrook, NY 11741 U.S.A.  
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B630 09F

# B-1

## 250 mg

### B VITAMINS

#### Supports Energy Metabolism\*

**100 EASY TO SWALLOW  
COATED TABLETS**

**VEGETARIAN  
VITAMIN SUPPLEMENT**

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	250 mg	16,667%

**Other Ingredients:** Vegetable Cellulose. **Contains <2% of:** Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

The role of Thiamin (Vitamin B-1) in energy metabolism is to help your body convert food to energy.\* Thiamin supports carbohydrate metabolism and also plays a role in the nervous system.\*