



Actual Color and Size



# Vitamin B-1

## 250 mg



Food/Dietary Supplement

Suggested Use: Take one (1) capsule daily with food. Do not exceed recommended daily dose unless directed by your health care practitioner.

Keep out of reach of children in a cool, dry place.

## Supplement Facts

Serving Size = One (1) capsule

Servings Per Container = Varied

Amount Per Serving		% Daily Value
Thiamine (Vitamin B-1) (Thiamine Mononitrate)	250 mg	16667%

Other Ingredients: Gelatin, magnesium stearate, and silicon dioxide

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

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy.

Food supplements should not be used as a substitute for a varied diet.