



Actual Color and Size



# Vitamin B-1

## 500 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)	500 mg	33333%

**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.

440 Kings Village Rd. Scotts Valley CA 95066  
In case of adverse event: 855-885-2855