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Vitamin

**B-1**

**250mg**



**100**  
Easy to Swallow  
Coated Tablets

VEGETARIAN VITAMIN SUPPLEMENT

TO REORDER ITEM # 630

**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	20,833%

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

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.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**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.

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[www.puritan.com](http://www.puritan.com)

1-800-645-1030

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