

SAFETY SEALED. DO NOT USE IF
PRINTED SEAL UNDER CAP IS
CUT, TORN, OR MISSING.

exchange
select™

VITAMIN B₁ 250 mg



EVERYDAY HEALTH*

• PROMOTES & FUELS ENERGY*

100 TABLETS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Thiamin 250 mg.....	16667%
Calcium 102 mg.....	10%

INGREDIENTS: Thiamine Mononitrate, Calcium Carbonate, Microcrystalline Cellulose, Croscarmellose Sodium, Titanium Dioxide, Hydroxypropyl Methylcellulose, Magnesium Stearate, Polyvinyl Alcohol, Silicon Dioxide, Polyethylene Glycol, Polydextrose, Talc. May contain starch.

Directions: Adults - Take one tablet daily with food as a dietary supplement.

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

NO ARTIFICIAL DYES OR FLAVORS

NO GLUTEN • NO LACTOSE • NO TRANS FAT

Vitamin B₁ plays an important role in the conversion of carbohydrates into glucose to produce energy. It is also needed for proper muscle coordination and a healthy nervous system.*

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

*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.

**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

Manufactured for:
Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728
1-866-927-5470

FRESHNESS AND POTENCY GUARANTEED THROUGHOUT

136792
518601
USA646757

6
14299151269
6

