



# vitamin B1

thiamin

100mg

vitamin  
100 capsules  
dietary supplement

carbohydrate  
and nutrient  
metabolism<sup>v</sup>

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin mononitrate)	100 mg	8330%

\* Daily Value not established.

**Other ingredients:** Rice flour, gelatin, magnesium stearate.

**Does not contain:** Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

<sup>v</sup> 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.

**DIRECTIONS:** As a dietary supplement, take one (1) capsule daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

**Distributed by: Vitamin Shoppe, Inc.**  
Secaucus, NJ 07094  
Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com)  
or call 1-800-223-1216  
for more information and to reorder.

Item No. VS-1142 1038456

