



**vitamin**  
**300 capsules**  
dietary supplement

**vitamin B1**  
thiamin

**100mg**

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%

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

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

**v** 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.



learn more at  
[vsquality.net](http://vsquality.net)

F 1 Item No.  
R VS-1143  
1038485  
7 66536 01143 8