

# Vitamin B-1

*Thiamine Mononitrate*

**Vitamin B-1 tablets** contain a convenient form of thiamine, a vital nutrient involved in energy production and nervous system function.



### Benefits:

- Thiamine is water-soluble and helps the body turn food into energy<sup>†</sup>
- Helps maintain proper nerve function<sup>†</sup>
- 100 mg Dietary Supplement

<sup>†</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.

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**Supplement Facts**  
Serving Size: 1 Tablet

Amount Per Tablet	% Daily Value
Thiamin (Vitamin B1) 100 mg (as thiamine mononitrate)	8,333%

**OTHER INGREDIENTS:** Microcrystalline cellulose. Contains less than 2% of: croscarmellose sodium, magnesium stearate, hypromellose, silicon dioxide.

**DIRECTIONS:** As a dietary supplement, take one tablet daily or as directed by your healthcare practitioner.

**STORAGE:** Store at room temperature.

Product	Strength	Reorder #	Units
Vitamin B-1	100mg	PC0TC161	300 Pills/Bottle, 72 Bottles/Case

MADE IN USA