

Vitamin B1 (Thiamin) is part of the group of essential nutrients known as the B Complex. B-Complex vitamins, including Vitamin B1, work to support energy metabolism in the body. Vitamin B1 is essential for a healthy nervous system and overall well-being, supporting the body during the occasional stress of daily living. This product offers essential B1 in a convenient vegetarian dosage form.*

Carefully Manufactured by:
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SOLGB72950 02D



VITAMIN B 1

(THIAMIN)

100 MG

GLUTEN, WHEAT & DAIRY FREE



Non-GMO

SUITABLE FOR VEGANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
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Vitamin B1	100 mg	8,333%
(as thiamin HCl)		

DV = Daily Value

Other Ingredients: Vegetable Cellulose, Silica, Microcrystalline Cellulose, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

*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.

