

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, providing the body nourishment for the occasional stress of daily living. This product offers essential B1 in a convenient vegetarian dosage form.\*

\*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.

Carefully Manufactured by:  
Solgar, Inc., 500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.

For more information, call toll-free  
1-877-SOLGAR 4, [www.solgar.com](http://www.solgar.com)

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**SUPER POTENCY**  
**VITAMIN B 1**  
(THIAMIN)  
**500 MG**

GLUTEN, WHEAT & DAIRY FREE



Non-GMO  
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

**Supplement Facts**

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin B1 500 mg (as thiamin HCl)	41,667%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin.

**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) tablet daily, preferably with a meal or as directed by a health-care 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

