

## B1 Caps 100 capsules

Item Catalog Number: 00091

Vitamin B1, or thiamine, is an anti-oxidant member of the B complex, that:

- Assists in energy metabolism as part of the coenzyme TPP<sup>148,149</sup>
- Aids digestion, especially of carbohydrates<sup>149-151</sup>
- Inhibits glycation<sup>152-154</sup>
- Keeps nervous system, muscles, and heart functioning normally<sup>149,155-157\*</sup>

For information on a more effective fat-soluble form of vitamin B1 called benfotiamine, refer to the Special Purpose section of this directory.

### References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

### Amount Per Serving

Thiamin (as Thiamin Mononitrate 500 mg)

395 mg

Other ingredients: gelatin, cellulose, purified water, medium chain triglycerides, magnesium stearate, silica.

Free of the most common allergens such as corn, soy, yeast, rice, barley, wheat, lactose (milk sugar) and all milk, citrus, fish and egg products. No added flavorings, sugars, salt, artificial sweeteners, colorings, preservatives or salicylates.

### Dosage and Use

- As a dietary supplement, take one capsule daily or as directed by a health care professional.

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