

Thiamin Powder (Vitamin B1)**100 grams**

Item Catalog Number: 00090

Vitamin B1, or thiamine, is an antioxidant member of the B complex, that assists in energy metabolism;148,149 aids digestion (especially of carbohydrates);149-151 inhibits glycation;152-154 and keeps the nervous system, muscles, and heart functioning normally.149,155-157

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

References**Supplement Facts**

Serving Size 1/8 packed teaspoon (approx. 405 mg)

Servings Per Container 245

Amount Per Serving

Thiamin (vitamin B1, as thiamin hydrochloride)

360 mg

Other ingredients: none.

Contains fish (cod, pollack, haddock, hake, cusk, redfish, sole, flounder). Contains corn. This product contains NO milk, egg, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take 1/8 packed teaspoon daily mixed in water or juice, or as recommended by a healthcare practitioner.
- This product can be taken with or without food.

Caution

If you have been diagnosed with cancer, please consult your healthcare practitioner before taking this product.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.