

# VITAMIN B-1 TABLETS 100 mg

**Uses:** as a dietary supplement. Helps increase energy.\*

**Directions:** Adults: take 1 tablet daily preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	%Daily Value	
Thiamine (vitamin B-1) (as thiamine hydrochloride)	100 mg	6,667%
Calcium (as calcium carbonate and dicalcium phosphate)	80 mg	8%

**Other ingredients:** cellulose (plant origin), croscarmellose, vegetable magnesium stearate, silica.

**Keep out of reach of children.**

**If pregnant or breast-feeding,** ask a health professional before use.

**Store** at room temperature. Protect from excessive heat and moisture.

**Safety sealed:** do not use if the imprinted seal under the cap is broken or missing.

\*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.

**Distributed by:** Weeks & Leo Co., Inc. Tel: (515) 276-1586

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