

**Suggested Use:** Take 1 tablet daily, as a dietary supplement, or as directed by a physician.

**Warning:** If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

**KEEP OUT OF REACH OF CHILDREN**

**Any Questions? 1-800-644-8327**

**Website: [www.botanicchoice.com](http://www.botanicchoice.com)**

**Lot# 6071568**

**8-2012**

Dietary Supplement

250 mg.  
100 Tablets

# Vitamin B-1

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value **
Thiamin (Vitamin B-1) (as thiamin HCl)	250 mg	16,667%
Calcium (as dicalcium phosphate)	18 mg	2%
Phosphorus (as dicalcium phosphate)	14 mg	1%

\*\* Daily Values are based on a 2,000 calorie per day diet.

**Other Ingredients:** Microcrystalline cellulose, stearic acid, dicalcium phosphate, croscarmellose sodium, magnesium stearate and aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol).

Distributed by: Indiana Botanic Gardens, Inc.  
3401 W. 37th Ave. Hobart, IN 46342

