

**SUGGESTED USE:** As a dietary supplement, take 1 capsule daily, preferably with meals. Take with at least 8 oz of liquid.

**DISCLAIMER:** If pregnant, nursing, or taking medications, consult your physician.



*QUESTIONS? CONCERNS? SCAN THIS CODE WITH YOUR PHONE'S CAMERA TO CHAT WITH US ONLINE AND GET 20% COUPON FOR YOUR NEXT AMAZON EARTHORN ELEMENTS ORDER!*

  
**EARTHORN**  
ELEMENTS

# VITAMIN B1

**DIETARY SUPPLEMENT | 200 CAPSULES**

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 200

Amount Per Serving	% Daily Value
Thiamine Mononitrate (Vitamin B1)	525 mg **

\*\*% Daily Value Not Established.

**Other Ingredients:** Gelatin Capsules

DISTRIBUTED BY 9450 SW GEMINI DR #49936  
**EARTHORN** BEAVERTON, OREGON 97008  
ELEMENTS EARTHORNELEMENTS.COM