B-1

DESCRIPTION
B-1, provided by Douglas Laboratories, supplies 100 mg of vitamin B-1 in each tablet.

FUNCTIONS
As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B-12). Therefore, the body needs an adequate supply of B vitamins on a daily basis.

Thiamine (Vitamin B-1) is an essential coenzyme in energy production. Thiamine is converted quickly into thiamine pyrophosphate, which is required for glycolytic and Krebs cycle reactions. Thiamine also appears to be related to nerve impulse transmission.

INDICATIONS
B-1 may be a useful dietary adjunct for individuals who wish to supplement their diet with this essential B vitamin.

FORMULA (#7099)
Each Tablet Contains:
Thiamine ........................................................................................................................................... 100 mg

SUGGESTED USE
Adults take 1 tablet daily or as directed by physician.

SIDE EFFECTS
No adverse side effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

For more information on B-1 visit douglaslabs.com

† 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.