

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

Botez MI, Botez T, Ross-Chouinard A, Lalonde R. Thiamine and folate treatment of chronic epileptic patients: a controlled study with the Wechsler IQ scale. *Epilepsy Res* 1993;16:157-63.

Cumming RG, Mitchell P, Smith W. Diet and cataract: the Blue Mountains Eye Study. *Ophthalmology* 2000;10:450-6.

Levy WC, Soine LA, Huth MM, Fishbein DP. Thiamine deficiency in heart failure (letter). *Am J Med* 1992;93:705-6.

Schellenberger A. Sixty years of thiamin diphosphate biochemistry. *Biochim Biophys Acta*. 1998 Jun 29;1385(2):177-86.

Suzuki M, Itokawa Y. Effects of thiamine supplementation on exercise-induced fatigue. *Metab Brain Dis*. 1996 Mar;11(1):95-106.

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.

Manufactured by
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Your patients trust you.**