

# B1 Thiamine

Essential nutrient  
support

- ENZYME FORM
- HIGH ABSORPTION FORMULA



**Vitamin B<sub>1</sub>**, also called thiamine, is used in numerous body functions. Thiamine is the currently accepted name for vitamin B<sub>1</sub> in the US. Aneurin is still widely used in Europe, especially in the United Kingdom. The chemical name for this water-soluble vitamin is 3-(4-amino-2-methyl-5-pyrimidyl methyl)-4-methyl thiazolium chloride. Thiamine consists of a pyrimidine ring and a thiazole ring connected by a one-carbon link. Vitamin B<sub>1</sub> helps fuel your body by converting blood sugar into energy. It keeps your mucous membranes healthy and is essential for the nervous system, cardiovascular and muscular function.

Nutritionists categorize vitamins by the materials that a vitamin will dissolve in. There are two categories: water-soluble and fat-soluble vitamins. Water-soluble vitamins, which include the B-complex group and vitamin C, travel through the bloodstream. Water-soluble vitamins that are not used by the body are eliminated in urine, which means you need a continuous supply of them in your food. Vitamin B<sub>1</sub> is a water-soluble vitamin.

Thiamin enhances circulation, helps with blood formation and the metabolism of carbohydrates. It is also required for the health of the nervous system and is used in the biosynthesis for a number of cell constituents, including the neurotransmitter acetylcholine and gamma-aminobutyric acid (GABA). It is used in the manufacture of hydrochloric acid, and therefore plays an important part in digestion. It also helps with brain functions, depression and assists with memory and learning. Children require it for growth and it was shown to assist with arthritis, cataracts as well as infertility.

It's pretty rare in Canada for a person to be deficient in B<sub>1</sub>. It's usually only seen in babies who are fed formula that isn't supplemented with vitamin B<sub>1</sub> and in people who drink large amounts of alcohol or have other health problems. People who drink heavily should talk to their doctors about how to quit drinking, and for the doctor to determine whether they need vitamin B<sub>1</sub> supplements. A deficiency will result in beriberi, and minor deficiencies may be indicated with extreme fatigue, irritability, constipation, edema and an enlarged liver. Forgetfulness, gastrointestinal disturbances, heart changes, irritability, labored breathing and loss of appetite may also be experienced. With too little thiamine available, a person may also experience nervousness, numbness of the hands and feet, pain and sensitivity, poor coordination, tingling sensations, weak and sore muscles, general weakness and severe weight loss.

#### Each vegetable capsule contains:

Vitamin B <sub>1</sub> (Thiamine HCl) .....	100 mg
Vitamin C (Ascorbic acid) .....	25 mg
Choline citrate .....	.5 mg
Inositol .....	.5 mg
Vitamin B <sub>2</sub> (Riboflavin 5-phosphate) .....	.1 mg
Vitamin B <sub>3</sub> (Inositol hexanicotinate flush-free) .....	.1 mg
Vitamin B <sub>6</sub> (Pyridoxal 5-phosphate) .....	.1 mg
Folic acid .....	.50 mcg
Alpha-lipoic acid .....	.5 mg
Plant digestive enzymes .....	.1 mg
Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.	

Contains no: Preservative, artificial flavour or colour, sugar, dairy, starch, wheat, gluten, soy or yeast.

#### Suggested use:

Take 1 capsule daily with meals or as directed by your health care practitioner.

Keep out of reach of children.

*Manufactured under strict GMP (Good Manufacturing Practices)  
New Roots Herbal at 1-800-268-9486 or [www.newrootsherbal.com](http://www.newrootsherbal.com)*