

# B1 Thiamine

Essential nutrient support



- Enzyme form
- High absorption formula

**ISO 17025**  
Accredited Laboratory



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# B1 Thiamine



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. 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 as well as 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 and depression, and it assists with memory and learning. Children require it for growth, and it was shown to assist with arthritis, cataracts, and 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, laboured 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 hydrochloride) .....	100 mg
Vitamin C (ascorbic acid) .....	25 mg
Choline (choline dihydrogen citrate) .....	5 mg
Inositol .....	5 mg
Vitamin B <sub>2</sub> (riboflavin-5'-phosphate sodium) .....	1 mg
Inositol hexanicotinate, flush-free .....	1 mg
Vitamin B <sub>6</sub> (pyridoxal-5'-phosphate) .....	1 mg
Folic acid (folate) .....	50 mcg
DL- <i>alpha</i> -Lipoic acid .....	5 mg
Plant digestive enzymes .....	1 mg

(*alpha*-Galactosidase 0.050675 FCC AGU, *alpha*-amylase 31.4975 FCC DU, bromelain 1920 FCC PU, cellulase 3.36 FCC CU, glucoamylase 0.133325 FCC AGU, hemicellulase 0.0888 FCC HCU, invertase 0.213325 FCC INVU, lactase 1.450675 FCC ALU, lipase 5.3325 FCC LU, maltase 0.3475 FCC DP, papain 800 FCC PU, pectinase 0.16 Endo-PG, phytase 0.006675 FCC FTU, protease I 110.4975 FCC HUT, protease II 0.152 FCC SAP, protease III 19.68 FCC HUT, serratiopeptidase 0.5 SU)

**Other ingredients:** Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80045006 · V0260-R2

## Suggested use:

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. Consult a health-care practitioner for prolonged use.

Manufactured under strict GMP (Good Manufacturing Practices).

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