

Thiamin 100mg

(Vitamin B1)

Presentation

A white powder in a clear hard shell capsule.

Each capsule delivers:

Thiamin (Vitamin B1) 100mg

Encapsulated with:

Cellulose, Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
90

type
capsules

code
8042



Uses

Thiamin is also known as Vitamin B1 as it was the first vitamin to be discovered. The body cannot make thiamin and so it must be obtained from the diet, from food sources such as whole grains, pulses, nuts and seeds. Because it is water soluble and not stored in the body, a deficiency can arise if someone's diet is poor, either due to low appetite or by over reliance on highly processed foods. Mild deficiencies may arise in the elderly for these reasons, although thiamin is added to white flour to reduce the risk of deficiencies arising. Thiamin levels in the body may be depleted by long-term treatment with diuretics and it is often given to patients being treated for alcoholism.

One of the best known roles that thiamin plays in the body is in the enzymatic release of energy from carbohydrates. In addition thiamin plays an important role in maintaining the integrity of the nervous system, as it is vital for the production of the neurotransmitter acetylcholine.

In its co-enzyme form of thiamin pyrophosphate, it is crucial in several metabolic functions including the removal of carbon dioxide, and the decarboxylation of Alpha-Keto Acids. Thiamin works synergistically with other members of the B Complex particularly riboflavin and niacin.

This supplement may be preferred by:

- Those who drink and/or smoke heavily
- Those who have poor diets, low in wholefoods
- Those on long-term diuretics, often prescribed for heart patients

Usage and administration

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

