Thiamine, Vitamin B1 tablets
MEDICATION GUIDE

NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine talk to your doctor, pharmacist, or health care provider.

What is this medicine?
THIAMINE (THAHY uh min) is a vitamin B1. It is added to a healthy diet to prevent or to treat low vitamin B1 levels.

This vitamin may be used for other purposes; ask your health care provider or pharmacist if you have questions.

How should I use this medicine?
Take this medicine by mouth with a glass of water. Follow the directions on the package or prescription label. For best results take this medicine with food. Take your medicine at regular intervals. Do not take your medicine more often than directed.

Talk to your pediatrician regarding the use of this medicine in children. While this medicine may be prescribed for selected conditions, precautions do apply.

Overdosage: If you think you have taken too much of this medicine contact a poison control center or emergency room at once.

NOTE: This medicine is only for you. Do not share this medicine with others.

What should I tell my health care provider before I take this medicine?
They need to know if you have any of the following conditions:
- Wernicke’s disease
- An unusual or allergic reaction to B vitamins, other medicines, foods, dyes, or preservatives
- Pregnant or trying to get pregnant
- Breast-feeding

What may interact with this medicine?
Interactions are not expected.

What side effects may I notice from receiving this medicine?
Side effects that you should report to your doctor or health care professional as soon as possible:
- Allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue
- Chest tightness
- Fast, irregular heartbeat
- Irritable, restless
- Nausea, vomiting
- Sweating
- Unusually bleeding or bruising

Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome):
- Sneezing

What should I watch for while using this medicine?

If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.

What should I tell my health care provider before I take this medicine?

If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.
Follow a healthy diet. Taking a vitamin supplement does not replace the need for a balanced diet. Some foods that have this vitamin naturally are yeast, beans, peas, nuts, pork, and beef. Limit alcohol, smoking and stress.

Too much of this vitamin can be unsafe. Talk to your doctor or health care provider about how much is right for you.

**Where should I keep my medicine?**

Keep out of the reach of children.

Store at room temperature between 15 and 30 degrees C (59 and 85 degrees F). Protect from heat and light. Throw away any unused medicine after the expiration date.

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