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naturally present in some foods, added to some food products, and available as a dietary supplement. This vitamin plays a critical role in energy ... Jan 15, 2024 · Your body needs vitamin B1 (thiamine) for energy and to protect the health of your brain, heart and nervous system. Adults need 1 mg to 1.4 mg daily. Thiamin (thiamine), or vitamin B1, is a water-soluble vitamin found naturally in some foods, added to foods, and sold as a supplement. Thiamin plays a vital role in the growth and function of various cells. ... Mar 14, 2023 · Thiamine (vitamin B1) is one of the eight essential B vitamins. Though rare in places with food and supplements, vitamin B1 deficiency can occur with some medical conditions. Symptoms ... Aug 12, 2025 · Overview: Thiamine (vitamin B1) is commonly used to increase vitamin B1 levels and treat

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Thiamine (Vitamin B1): Deficiency Symptoms and Treatment

[Thiamine - Wikipedia](#)

Vitamin B1 (Thiamin): Foods, benefits, and deficiency symptoms

Thiamine Deficiency: What It Is, Symptoms & Treatment

Thiamine: What It Is and 6 Health Benefits

Thiamine (Vitamin B1) - Uses, Side Effects, and More - WebMD

Thiamin - Vitamin B1 • The Nutrition Source

Thiamin - Health Professional Fact Sheet - Office of Dietary ...

[Vitamin B1 Uses, Side Effects & Warnings - Drugs.com](#)

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