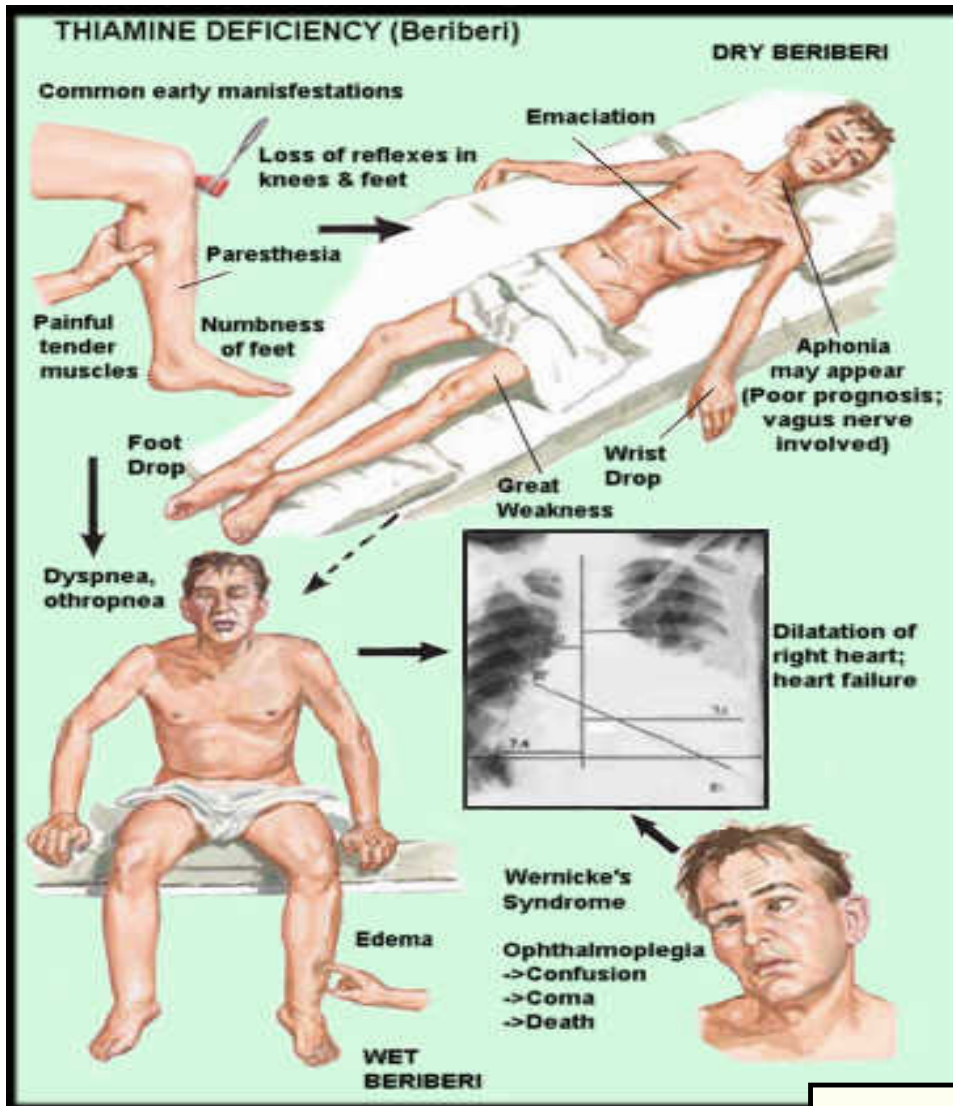
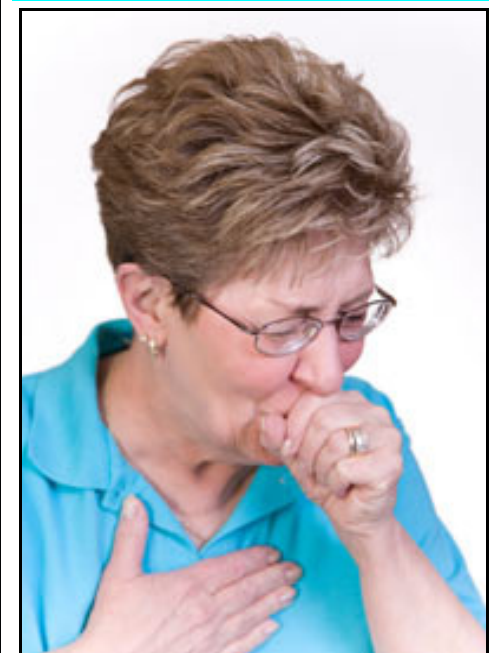


Vitamin B1 - Thiamine



B1 for voice and clearing throat/cough.



Vitamin B1 is needed for fluid balance and nerve function. It is also important for voice and singing, clearing the throat, cellulitis and swelling in legs, numbness and pain in feet and painful calf muscles.

