Te Whatu Ora
Health New Zealand
Waitaha Canterbury

THIAMINE (tablet)

thy-ah-meen

What does it do?

Thiamine (also known as *vitamin B1*) increases the amount of *vitamin B1* in your body.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *thiamine* regularly as directed with a glass of water. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *thiamine* including:

- products that also contain *thiamine* (e.g. Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Thiamine is unlikely to cause any side effects. If you notice any symptoms you are concerned about, discuss them with your doctor or pharmacist.