

**THIAMINE**  
**(THIGH-ah-min)**  
**Vitamin B<sub>1</sub>**

**PHARMACOLOGICAL CLASSIFICATION:**

- water-soluble vitamin (required to convert glucose into energy)
- it is not manufactured by the body and must be constantly provided from ingested foods

**THERAPEUTIC CLASSIFICATION:**

- nutritional supplement

**MECHANISM OF ACTION:**

- thiamine is required for carbohydrate metabolism
- thiamine combines with ATP to form a coenzyme in carbohydrate metabolism

**INDICATIONS:**

- coma of unknown origin
- chronic alcoholism with associated coma
- delirium tremens
- given before D<sub>50</sub> in hypoglycemia to avoid consequences of Wernicke's encephalopathy (dysfunction of the brain due to thiamine deficiency—usually associated with chronic alcoholism)

**CONTRAINDICATIONS:**

- hypersensitivity

**SIDE EFFECTS:**

- hypotension and/or nausea are possible, but rare

**DOSAGE:**

- 100 mg IV (preferred) or IM