

# thiamine *(thi-a-mine)*

## Definition

n. a white; crystalline B vitamin; CHCINOS; found in the outer coating of cereal grains; green peas; beans; egg yolk; liver; etc; and also prepared synthetically; vitamin B; a deficiency of this vitamin results in beriberi and certain nervous disor

## Example Sentence

The **thiamine** is required in human nutrition for metabolism.

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