

ITEM #2270
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Debittered Brewer's Yeast Powder

**A Source of
Essential Nutrients**

Dietary Supplement

Net Wt. 1 lb. (16 oz.) (453 g)



Supplement Facts

Serving Size 1 Tablespoon (15 g)

Servings Per Container about 30

Amount Per Serving		%Daily Value
Calories	60	
Calories from Fat	10	
Total Fat	1 g	1%**
Total Carbohydrate	6 g	2%**
Dietary Fiber	3 g	12%**
Sugars	2 g	***
Protein	7 g	14%
Thiamin	0.5 mg	34%
Riboflavin (Vitamin B-2)	0.4 mg	28%
Niacin	4.8 mg	24%
Vitamin B-6	0.4 mg	20%
(as Pyridoxine Hydrochloride)		
Folic Acid	261 mcg	65%
Vitamin B-12	0.03 mcg	1%
Biotin	5.8 mcg	2%
Pantothenic Acid	0.8 mg	8%
(as d-Calcium Pantothenate)		
Calcium	13 mg	1%
Iron	1.3 mg	8%
Phosphorus	151 mg	15%
Magnesium	16 mg	4%
Zinc	1.5 mg	10%
Copper	0.03 mg	2%
Chromium	1.8 mcg	2%
Sodium	10 mg	<1%
Potassium	260 mg	7%

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Ingredient: Debittered Brewer's Yeast.

Contains a wheat ingredient.

No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor.

Directions: For adults, take one (1) tablespoon (15 g) one to four times daily. Mix in milk, fruit juice, soups or chopped meat. Its superb taste means you can sprinkle it on salads, cottage cheese, yogurt and other foods. Use it in cooking meat loaves, casseroles and many other dishes.

If Brewer's Yeast is not a part of your health regimen – it should be! As a natural nutrient complex, Brewer's Yeast is a source of many essential nutrients, including B Vitamins for energy metabolism.* As a high-powered supplement, Brewer's Yeast provides important dietary fiber needed every day for optimal well-being.*

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use product if pull ring under cap is damaged or broken.

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