



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Brewer's Yeast

Dietary Supplement



500 tablets • 500 mg

- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take two tablets per day with water.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 250

	Amount Per Serving	% Daily Value
Thiamin (vitamin B-1) (from thiamin mononitrate and brewer's yeast)	0.14 mg	10%
Riboflavin (vitamin B-2) (from riboflavin and brewer's yeast)	1 mg	59%
Niacin (from niacin and brewer's yeast)	0.2 mg	1%
Vitamin B-6 (as pyridoxine HCl)	0.02 mg	1%
Vitamin B-12 (as cyanocobalamin)	1,000 mcg	16,667%
Brewer's Yeast	1 g	*

Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), croscarmellose sodium, stearic acid, silica, magnesium stearate, hydroxypropyl methylcellulose.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
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TO REORDER, CALL TOLL FREE 1-800-437-4148
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