

DIRECTIONS: As a dietary supplement, take two scoops (30 g) daily or as directed by a healthcare practitioner. May be sprinkled on cereals, salads or incorporated into stews, soups, sauces, gravies, juices or baked goods. Mixes instantly without the use of a blender. **Scoop is enclosed.**

TYPICAL AMINO ACID PROFILE PER SERVING
Values are based on amino acid milligram percentages per 14 grams of protein in a single serving of Bluebonnet's Super Earth[®] Brewer's Yeast Powder.

Amino Acid	% Total Protein*	mg*
Alanine	8.4%	1176
Arginine	5.7%	798
Aspartic Acid	11.4%	1596
Cysteine/Cystine	3.7%	518
Glutamic Acid	18.9%	2646
Glycine	5.5%	770
Histidine	5.1%	714
Isoleucine**	5.7%	798
Leucine**	8.4%	1176
Lysine	9.6%	1344
Methionine	1.4%	196
Phenylalanine	5.1%	714
Proline	4.3%	602
Serine	5.5%	770
Threonine	5.7%	798
Tryptophan	1.2%	168
Tyrosine	3.5%	490
Valine**	6.7%	938

*Values are based on a calculation of 14 grams of protein from Brewer's Yeast Powder.
** Branched Chain Amino Acids

Bluebonnet's Super Earth[®] Brewer's Yeast Powder provides a select strain of *Saccharomyces cerevisiae* that is carefully grown on sugar beet molasses instead of the typical grain-derived brewer's yeast that is recovered from the beer-brewing process. Grain-derived brewer's yeast tends to be particularly bitter in taste due to the nature of the grains used, such as barley and hops. Bluebonnet's Non-GMO Project Verified, premium brewer's yeast provides a toasted, non-bitter, savory flavor without any artificial sweeteners, colors, or flavors and can be incorporated into any recipe to improve texture and nutritional value. It provides a natural, vegan source of high-quality protein that not only encompasses all of the essential amino acids, but also dietary fiber and a wide array of vitamins, such as most of the B vitamins including folate, as well as macro and trace minerals, such as calcium, magnesium, potassium, copper, chromium, selenium and zinc. Bluebonnet's Super Earth[®] Brewer's Yeast Powder is the perfect whole food addition to any healthy diet, providing the opportunity for complete and balanced nutrition. Available in easy-to-mix powder for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Bluebonnet[®]

SUPER EARTH[™]

BREWER'S YEAST POWDER

NON-BITTER

Unflavored • Unsweetened • Unfortified

Carefully Grown on Non-GMO Sugar Beet Molasses

DIETARY SUPPLEMENT • EASY-TO-MIX POWDER



PER SERVING
JUST 115 CALORIES
14 g PROTEIN
6 g FIBER
Up to 138% Daily Intake of Vitamins & Minerals

Supplement Facts

Serving Size 2 Scoops (30 g)		Servings Per Container 30	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	115	Biotin	9 mcgt 30
Total Fat	1 g 1**	Pantothenic Acid	3 mg† 60
Total Carbohydrate	12 g 4**	Calcium	45 mg† 3
Dietary Fiber	6 g 21**	Iron	1.2 mg† 7
Sugars	5 g	Magnesium	30 mg† 7
Includes 0 g added sugars	0**	Phosphorus	270 mg† 22
Protein	14 g 28**	Zinc	5 mg† 45
Thiamin	900 mcgt 75	Selenium	65 mcgt 118
Riboflavin	1.8 mg† 138	Copper	190 mcgt 21
Niacin	10 mg† 63	Chromium	13 mcgt 37
Vitamin B ₆	900 mcgt 53	Sodium	35 mg† 2
Folate	425 mcg DFE† 106	Potassium	655 mg† 14

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

Ingredients: Brewer's Yeast.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, gluten, barley and rice.

Keep out of the reach of children.

This product is sold by weight, not volume. Therefore, settling of contents may occur during shipping.

To assure freshness and potency, store in a cool, dry place, away from heat, light and moisture.

Allergen Warning: Manufactured in a facility that processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

† Vitamin and mineral content is based on an average; amounts may vary.

Manufactured for Bluebonnet Nutrition Corporation
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Sugar Land, TX 77478 USA
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NET WT. 2 lbs. (908 g)