

DIRECTIONS: As a dietary supplement, take one scoop (15 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 **7 grams of protein** in a single serving of Bluebonnet's Super Earth® Brewer's Yeast Flakes.

Amino Acid	% Total Protein*	mg*
Alanine	8.17%	591
Arginine	11.02%	797
Aspartic Acid	5.52%	399
Cysteine/Cystine	3.59%	260
Glutamic Acid	18.28%	1322
Glycine	5.25%	383
Histidine	4.96%	359
Isoleucine**	5.54%	401
Leucine**	8.09%	585
Lysine	0.93%	67
Methionine	0.13%	10
Phenylalanine	0.49%	36
Proline	4.17%	302
Serine	5.31%	384
Threonine	5.54%	401
Tryptophan	1.12%	81
Tyrosine	3.42%	248
Valine**	6.51%	471

*Values are based on a calculation of 7 grams of protein from Brewer's Yeast Flakes
** Branched Chain Amino Acids
B vitamins including folate, as well as macro and trace minerals, such as calcium, magnesium, potassium and zinc. Bluebonnet's Super Earth® Brewer's Yeast Flakes is the perfect whole food addition to any healthy diet, providing the opportunity for complete and balanced nutrition. Available in easy-to-mix flakes for maximum assimilation and absorption.



Bluebonnet's KOF-K Certification #K-0000700

Bluebonnet® SUPER EARTH BREWER'S YEAST FLAKES



NON-BITTER

Unflavored • Unsweetened • Unfortified

Carefully Grown on Non-GMO
Sugar Beet Molasses

DIETARY SUPPLEMENT • EASY-TO-MIX

PER
SERVING
JUST 55
CALORIES

7g
PROTEIN

3g
FIBER

Supplement Facts

Serving Size 1 Scoop (15 g)		Servings Per Container 14	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	55	Folate	275 mcg DFE† 69
Total Fat	0.5 g <1**	Biotin	4 mcg† 13
Total Carbohydrate	6 g 2**	Pantothenic Acid	1.7 mg† 34
Dietary Fiber	3 g 11**	Calcium	14 mg† 1
Sugars	0 g	Iron	0.6 mg† 3
Includes 0 g added sugars	0**	Magnesium	15 mg† 4
Protein	7 g 14**	Phosphorus	140 mg† 11
Thiamin	0.35 mg† 29	Zinc	2.5 mg† 23
Riboflavin	0.8 mg† 62	Sodium	15 mg† <1
Niacin	5 mg† 31	Potassium	320 mg† 7
Vitamin B6	0.3 mg† 18		

**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
12915 Dairy Ashford
Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com

NET WT. 7.4 oz. (210 g)