



Brewer's Yeast

Dietary Supplement

500 tablets • 500 mg

SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969



- 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	12%
Riboflavin (vitamin B-2) (from riboflavin and brewer's yeast)	1 mg	77%
Niacin (from brewer's yeast)	0.3 mg NE	2%
Vitamin B-6 (from pyridoxine HCl)	0.02 mg	1%
Vitamin B-12 (as cyanocobalamin)	1,000 mcg	41,667%
Brewer's Yeast	1 g	*

Rev 2 10 04 18

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

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

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



SW835