

BIOVEA®
Natural Foods

100%
RAW

NUTRITIONAL YEAST FLAKES

Vitamins + Protein + Energy†

GF

V

NON
GMO

454g (1 lb) Dietary Supplement

RAW NUTRITIONAL YEAST FLAKES

Derived from *Saccharomyces* strains grown on cane and beet molasses, nutritional yeast is rich in protein, minerals and vitamins. Our yeast goes through a unique fermentation process of being washed and dried on roller drum dryers after harvesting. This process ensures exceptional quality and flavor of our nutrient-packed yeast. Yeast contains minerals, protein and B vitamins that promote energy levels, heart health, and overall health and vitality.†

Raw • Vegan • Gluten-Free • Chemical-Free • Non GMO

WHO SHOULD USE NUTRITIONAL YEAST FLAKES?

Anyone looking to add rich nutrients to their diet with delicious, convenient yeast flakes.†

BENEFITS:

Protein, B vitamins, minerals, energy levels, heart health.†

nutritional yeast flakes (raw)

Suggested Use: Sprinkle 1 tablespoon on favorite foods, add to popcorn or mix with juice, milk or add to your favorite smoothie.

flocons alimentaires de levure (crus)

Suggestion d'Utilisation: Saupoudrez 1 cuillère à soupe sur vos plats, popcorn ou mélangez avec du jus de fruits, lait ou ajoutez-les à votre smoothie préféré.

scaglie di lievito nutrizionali (crudi)

Uso Raccomandato: Aggiungere 1 cucchiaino su piatti, popcorn, succo di frutta, latte e frullati.

nährstoffhaltige hefeflocken (roh)

Empfohlene Anwendung: Streuen Sie 1 Esslöffel über Gerichte, Popcorn oder mixen es mit Saft, Milch oder Ihrem Lieblingsmoothie.

hojuelas de levadura nutricional (crudas)

Uso Sugerido: Agregar 1 cucharada en platillos, palomitas de maíz o mezclar con jugo, leche o añadir a su batido favorito.

flocos de levedura nutricional (cru)

Sugestão de Uso: Polvilhe 1 colher de sopa em pratos, pipoca ou misture com suco, leite ou adicionar a o seu batido favorito.

Nutrition Facts

Serving Size: One (1) tbsp. (9g)
Servings Per Container: Approx. 50

Amount Per Serving	
Calories 35	Calories from Fat 6
% Daily Values*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	1%
Potassium 198mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 5g	10%
Vitamin A	0%
Vitamin C	0%
Calcium 7mg	1%
Iron 1mg	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Dried yeast, niacin (B3), thiamin hydrochloride (B1), folic acid (B9), riboflavin (B2), pyridoxine hydrochloride (B6), cobalamin (B12).

Botanical Source: *Saccharomyces cerevisiae*.

Warning: If you are taking any medications, MAOIs, pregnant or lactating, consult a health care professional before using this product. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Do not use this product if the seal on the package is broken.



Distributed by BIOVEA®
www.biovea.com
1-800-961-4750

Caution: Nutritional Yeast contains high amounts of tyramine, a substance that can raise blood pressure in some individuals.

Tyramine can specifically interact with MAOIs and potentially cause a rapid and dangerous rise in blood pressure for people taking these medications.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.