

**SUGGESTED USE:** As a dietary supplement for adults, take two (2) tablespoons (30 g) daily. May be sprinkled on cereals, salads or incorporated into stews, soups, sauces, gravies, juices or baked goods.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to yeast. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if lid underneath cap is missing or damaged.

This product is sold by weight, not by volume; therefore settling may occur.

**DESCRIPTION:** A natural primary Brewer's Yeast (*Saccharomyces cerevisiae*) that provides a source of amino acids, B-complex vitamins and more.

**SOURCE:** Most Brewer's Yeasts are derived from the fermentation of beer: Such fermentation involves using grains (such as rice or wheat), malt, active yeast and the dried flowers of hops. Although efforts are made to debitter the yeast prior to final drying operations, most Brewer's Yeasts are, nevertheless, left with a bitter odor.

After fermentation, the yeast is collected and dried using special techniques to preserve its protein, vitamin and mineral content.

**Typical Naturally Occurring Amino Acid Profile Per Serving\*\***

L-Alanine	1080 mg	L-Lysine	1170 mg
L-Arginine	750 mg	L-Methionine	270 mg
L-Aspartic Acid	1710 mg	L-Phenylalanine	750 mg
L-Cysteine	270 mg	L-Proline	660 mg
L-Glutamic Acid	3330 mg	L-Serine	930 mg
L-Glycine	780 mg	L-Threonine	930 mg
L-Histidine	870 mg	L-Tryptophan	120 mg
L-Isoleucine	750 mg	L-Tyrosine	330 mg
L-Leucine	1230 mg	L-Valine	900 mg

\*\*\*Approximate values

NOTE: L-Tryptophan is naturally occurring, not added.

Carefully Manufactured for:  
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# BREWER'S YEAST POWDER

PREMIUM • NATURAL • UNFLAVORED  
UNSWEETENED • UNFORTIFIED

NOTHING ADDED  
NATURALLY DELICIOUS

SUITABLE FOR VEGETARIANS

Net Wt. 14 oz. (400g)

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Tablespoons (30 g)  
Servings Per Container: about 13

Amount Per Serving		%DV
Calories	110	
Total Fat	1.5 g	2%*
Total Carbohydrate	13 g	5%*
Dietary Fiber	6 g	21%*
Total Sugars	4 g	**
Includes 0g Added Sugars		0%
Protein	13 g	26%
Thiamin (Vitamin B1)	0.3 mg	25%
Riboflavin (Vitamin B2)	0.4 mg	31%
Niacin	1.5 mg	9%
Folate	150 mcg DFE (90 mcg folic acid)	38%
Iron	0.6 mg	3%
Manganese	0.2 mg	9%
Sodium	30 mg	1%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet

\*\*Daily Value (DV) not established

Ingredient: Brewer's Yeast.

Contains Wheat.

**FREE OF: Dairy, Soy, Artificial Flavor, Sweetener and Color.**