

SUGGESTED USE:

Take 3 (three) tablets 3 (three) times per day.
Can be taken with or without meals.

CAUTION:

Do not exceed three (3) tablets before bed. Pregnant or nursing mothers, children under 18 and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

† 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.

Developed and distributed by Dr. Eric Berg DC

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Dr. Berg Nutritionals

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B078B24P1W

Dr. Berg's

NUTRITIONAL YEAST

Tablets

NON-FORTIFIED
With Added B12
(Methylcobalamin)

**Dietary
Supplement**



Dr. Berg Nutritionals®

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

	Amount per Serving	% DV
Vitamin B1 (as Thiamine)*	144 mcg	10%
Vitamin B2 (as Riboflavin)*	144 mcg	10%
Vitamin B3 (as Niacin)*	1440 mcg	100%
Vitamin B5 (as pantothenic acid)*	30 mcg	1.0%
Vitamin B6 (as pyridoxine)*	30 mcg	5.0%
Vitamin B7 (as Biotin)*	14.4 mcg	48.0%
Vitamin B9 (as Folate)*	30 mcg	75.0%
Vitamin B12 (as methylcobalamin)	1.4 mcg	100.0%
Potassium*	48 mcg	<1%
Sulfur*	144 mcg	<1%
Magnesium*	8.4 mcg	2.0%
Sodium*	2.4 mcg	<1%
Zinc*	708 mcg	6.0%
Calcium*	300 mcg	<1%
Chloride*	300 mcg	15.0%
Iron*	280 mcg	<1%
Selenium*	36 mcg	9.0%

*From Nutritional Yeast

Daily Values not established.

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Vanilla Bean Extract and Stearic Acid

WARNING: KEEP OUT OF REACH OF CHILDREN AND DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING

Non-GMO

No Gluten

Vegan

B-vitamins