

Supplement Facts

Serving size: 9 tablets

Servings per container: 30

	Amount per Serving	% Daily Value**
Vitamin B1 (as thiamine)*	144 mcg	13%
Vitamin B2 (as riboflavin)*	144 mcg	13%
Vitamin B3 (as niacin)*	1440 mcg	103%
Vitamin B5 (as pantothenic acid)*	72 mcg	1.4%
Vitamin B6 (as pyridoxin)*	72 mcg	5.5%
Vitamin B7 (as biotin)*	14.4 mcg	48.0%
Vitamin B9 (as folate)*	72 mcg	36.0%
Vitamin B12 (as methylcobalamin)	2.4 mcg	100.0%
Potassium*	18 mg	<1%
Sulfur*	14.4 mg	<1%
Magnesium*	8.4 mg	2.2%
Sodium*	2.1 mg	<1%
Zinc*	720 mcg	6.5%
Calcium*	300 mcg	<1%
Chloride*	300 mcg	15.0%
Iron*	216 mcg	<1%
Selenium*	36 mcg	9.0%

*from Nutritional Yeast

**Percent Daily Values are based on a 2000 calorie diet.

Other ingredients:

Microcrystalline cellulose, dicalcium phosphate, organic vanilla flavor, magnesium stearate, stevia.



Dr. Berg

THE KNOWLEDGE DOC™

NUTRITIONAL YEAST

NON-FORTIFIED

WITH ADDED B12
(Methylcobalamin)

TABLETS

270
TABLETS

DIETARY SUPPLEMENT
NON-GMO, NO GLUTEN, VEGAN



SUGGESTED USE:

Take 3 tablets 3 times per day.

Can be taken with or without meals.

CAUTION: Do not exceed recommended dose. Do not exceed 3 tablets before bed. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.

This statement has 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

To reorder:

www.DrBerg.com (800-816-8184)

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