Mommy Knows Best®

BABY MATERNITY MAGAZINE
SEAL OF Excellence 2020
www.babymaternity.com

BREWER'S YEAST POWDER

Non GMO • Gluten Free • Nothing Added

A Key Ingredient Traditionally Used to Help Boost Your Breast Milk Supply

NO DAIRY, SOY, ARTIFICIAL FLAVOR, SWEETENER, PRESERVATIVES, OR ARTIFICIAL COLOR

GLUTEN FREE · VEGAN FRIENDLY · NON GMO

16 OZ (450G)

Mommy Knows Best®

Greetings!

It's been a long trip but I'm here! I can't wait for you to try me.

Some deliveries are bumpier than others so if you see any cuts or bruises on me, just contact my parents at info@mommyknowsbest.com or (800) 323-2510 for a free replacement.

Brewer's yeast is a highly nutritious dietary supplement that contains protein, iron, B vitamins, selenium, and other important minerals. Used by breastfeeding mothers to help boost milk supply, this nutrient packed powder has been used for generations for milk production as well as an array of additional health benefits.

Directions: As a dietary supplement for adults, take 1-2 tablespoons daily. May be sprinkled on cereals, salads, or added to soups, sauces or baked goods.

- **Boosts Energy Levels & Combats Fatigue**
- **Helps to Lower Blood Sugar Levels**
- **Elevates Mood & Sense of Well Being**
- **Provides Nourishment to Skin & Hair**

Ingredients: Brewer's yeast

MORE MILK OR YOUR MONEY BACK GUARANTEE

If you are not completely satisfied, contact us for a full refund.

*While our brewer's yeast is debittered with no extra ingredients added, the nature of pure brewer's yeast powder will still have some slight notes of bitterness.

WARNINGS

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.

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

Exclusively Manufactured for:
Mommy Knows Best
Wonderlook, IL 60098
(800) 323-2510
www.MommyKnowsBest.com
Made in the USA

NUTRITION FACTS

Serving Size 1 Tablespoon (15 grams)
Servings Per Container 30

Amount Per Serving	% Daily Value*
Calories 57.5	
Calories from Fat 7.5	
Total Fat .75 grams	1%
Saturated Fat .25 grams	1%
Trans Fat 0 grams	
Polyunsaturated Fat 0 grams	
Monounsaturated Fat .5 gram	
Cholesterol 0 mg	< 1%
Sodium 5 mg	2%
Total Carbohydrate 6.5 grams	13%
Dietary Fiber 3.5grams	
Protein 7 grams	
Iron	2.5%
Thiamin (Vitamin B1)	67.5%
Riboflavin (Vitamin B2)	20.5%
Niacin	20%
Vitamin B6	8%
Folic Acid	30%
Biotin	5%
Selenium	30%

Not a significant source of sugar, vitamin A, vitamin C, and calcium.

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

	Calories	2,000	2,500
Total Fat	Less than	65 grams	80 grams
Saturated Fat	Less than	20 grams	25 grams
	Less than	300 mg	300 mg
Cholesterol	Less than	2,400 mg	2,400 mg
Sodium	Less than	300 grams	375 grams
Total Carbohydrate	Less than	25 grams	30 grams
Dietary Fiber			

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

16 OZ (450G)

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