

Bluebonnet

SUPER EARTH[®]

BREWER'S YEAST FLAKES

NON-BITTER

Unflavored • Unsweetened • Unfortified

Carefully Grown on Non-GMO
Sugar Beet Molasses

DIETARY SUPPLEMENT • EASY-TO-MIX

NET WT. 7.4 oz. (210 g)

DIRECTIONS: As a dietary supplement, take one scoop (15 g) daily or as directed by a healthcare practitioner. May be sprinkled on cereals, salads or incorporated into stews, soups, sauces, gravies, juices or baked goods. Mixes instantly without the use of a blender. **Scoop is enclosed.**

Bluebonnet's Super Earth[®] Brewer's Yeast Flakes contains a select strain of *Saccharomyces cerevisiae* that is carefully grown on non-GMO sugar beet molasses instead of the typical grain-derived brewer's yeast that is recovered from the beer-brewing process. Grain-derived brewer's yeast tends to be particularly bitter in taste due to the nature of the grains used, such as barley and hops. Bluebonnet's non-GMO, premium brewer's yeast provides a toasted, non-bitter, savory flavor without any artificial sweeteners, colors, or flavors and can be incorporated into any recipe to improve texture and nutritional value. It provides a vegan source of high-quality protein that not only encompasses all of the essential amino acids, but also dietary fiber and a wide array

TYPICAL AMINO ACID PROFILE PER SERVING

Values are based on amino acid milligram percentages per 7 grams of protein in a single serving of Bluebonnet's Super Earth[®] Brewer's Yeast Flakes.

Amino Acid	% Total Protein*	mg*
Alanine	8.17%	591
Arginine	11.02%	797
Aspartic Acid	5.52%	399
Cysteine/Cystine	3.59%	260
Glutamic Acid	18.28%	1322
Glycine	5.29%	383
Histidine	4.96%	359
Isoleucine**	5.54%	401
Leucine**	8.09%	585
Lysine	0.93%	67
Methionine	0.13%	10
Phenylalanine	0.49%	36
Proline	4.17%	302
Serine	5.31%	384
Threonine	5.54%	401
Tryptophan	1.12%	81
Tyrosine	3.42%	248
Valine**	6.51%	471

*Values are based on a calculation of 7 grams of protein from Brewer's Yeast Flakes

** Branched Chain Amino Acids

STAY CONNECTED:
@bluebonnet_nutrition



PER
SERVING
JUST 55
CALORIES
7g
PROTEIN
3g
FIBER

Supplement Facts

Serving Size 1 Scoop (15 g)

Servings Per Container 14

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	55	Folate	275 mcg DFE† 69
Total Fat	0.5 g <1**	Biotin	4 mcg† 13
Total Carbohydrate	6 g 2**	Pantothenic Acid	1.7 mg† 34
Dietary Fiber	3 g 11**	Calcium	14 mg† 1
Sugars	0 g	Iron	0.6 mg† 3
Includes 0 g added sugars	0**	Magnesium	15 mg† 4
Protein	7 g 14**	Phosphorus	140 mg† 11
Thiamin	0.35 mg† 29	Zinc	2.5 mg† 23
Riboflavin	0.8 mg† 62	Sodium	15 mg† <1
Niacin	5 mg† 31	Potassium	320 mg† 7
Vitamin B6	0.3 mg† 18		

**Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Brewer's Yeast.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, gluten, barley and rice.

Bluebonnet's KOF-K Certification #K-0000700

This product is sold by weight, not volume.

Therefore, settling of contents may occur during shipping.

To assure freshness and potency, store in a cool, dry place, away from heat, light and moisture.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

† Vitamin and mineral content is based on an average; amounts may vary.

Manufactured by
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