

GREAT FORMULA BOTTLED AND PACKAGED IN THE USA NEW LOOK, SAME GREAT FORMULA BOTTLED AND PACKAGED IN THE USA NEW LOOK, SAME

TWINLAB® Genuine Brewers Yeast has been recognized as a storehouse of natural nutrients. One heaping tablespoon provides amino acids, vitamins, minerals and trace elements. You can sprinkle it on food, use it as a seasoning or mix it with milk, juices, soups, gravies, and casseroles.

DIRECTIONS: Take 1 heaping tablespoon daily mixed in milk, cereal or juice. Also add to cooking and baking recipes to boost nutritional content.

WARNING: If you are pregnant or nursing, taking any medication, or have any medical condition, consult a health care professional before use.

KEEP OUT OF REACH OF CHILDREN.
KEEP IN A COOL, DRY PLACE.

No artificial colors, flavors, or preservatives added.

This product is sold by weight only, not by volume. Some settling may occur in shipping and handling.

*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.

Best if used by date shown on bottle.

DISTRIBUTED BY TWINLAB CORPORATION
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DIETARY
SUPPLEMENT

TWINLAB®

brewers yeast

supports energy production^s

TWIN
LAB 50
TRUSTED FOR
50 YEARS

mild
tasting

NET WT.
18 oz (510 g)

Supplement Facts

Serving Size 1 Heaping Tablespoon (16 g)

Servings Per Container About 31

Amount Per Serving	%DV
Calories	60
Total Fat	1 g 1%*
Total Carbohydrate	6 g 2%*
Protein	7 g 14%*
Thiamin	0.45 mg 38%
Riboflavin	0.26 mg 20%
Niacin	2 mg NE 13%
Vitamin B6	0.12 mg 7%
Folic Acid	80 mcg 20%
Biotin	12 mcg 40%
Pantothenic Acid	0.4 mg 8%
Iron	0.72 mg 4%
Phosphorus	100 mg 8%
Magnesium	16 mg 4%
Zinc	2.25 mg 20%
Copper	0.08 mg 9%
Manganese	80 mcg 3%
Chromium	30 mcg 86%
Sodium	60 mg 3%
Potassium	120 mg 3%

† Daily Value not established.

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

Ingredients: Debittered Brewers Yeast.



BOTTLED & PRODUCED IN THE USA
WITH USA AND IMPORTED INGREDIENTS