

SUGGESTED USE: Take 9 tablets daily. Can be taken with or without meals.

CAUTION: Do not exceed recommended dose. 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: shop.drberg.com (800-816-8184)

Dr. Berg Nutritionals

4501 Ford Avenue, Alexandria, VA 22302



Rev. US 02



Dr. Berg

THE KNOWLEDGE DOC™

DIETARY SUPPLEMENT

NUTRITIONAL YEAST

Fortified with vitamin B12
(methylcobalamin)

Very nutritious!†

270
TABLETS



Supplement Facts

Serving Size: 9 tablets

Servings Per Container: 30

Amount per Serving	% Daily Value*
Calories 28	
Total fat <1 g	<1%
Total carbohydrate 3 g	1%
Protein 11 g	22%
Nutritional Yeast 7.2 g	**
Vitamin B12 (Nutritional yeast, methylcobalamin) 2.4 mcg	100%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Daily Value not established.

Typical profile of naturally occurring vitamins and minerals in nutritional yeast per serving: Thiamine (Vitamin B1) 0.068 mg (6% DV), Riboflavin (Vitamin B) 1 mg (77% DV), Niacin 8 mg (50% DV), Vitamin B6 0.19 mg (11% DV), Folate (Folic acid or folic acid) 72 mcg (18% DV), Biotin 10mcg (33% DV), Pantothenic Acid 2 mg (40% DV), Calcium 165 mg (13% DV), Iron 20 mg (111% DV), Magnesium 10mg (2% DV), Zinc 4 mg (36% DV), Selenium 28 mcg (51% DV), Chloride 140 mg (6% DV), Sodium 5 mg (<1% DV), Potassium 145 mg (3% DV)