

**Suggested Use:** Take 1 tablespoon as desired. Enjoy its pleasant-tasting, nutty flavor by mixing it into drinks or food, such as soup, smoothies, salads or vegetable juice.

- ▶ An ideal source of high quality, vegetarian/vegan protein, containing both essential and non-essential amino acids
- ▶ Select strain of *Saccharomyces cerevisiae* (grown on molasses) that undergoes a fermentation process under carefully controlled conditions
- ▶ A tasty food complement for daily super nutrition that is fortified with additional B vitamins including B12
- ▶ Does not encourage candida or other yeast growth

 Kosher Certified

**PRL's Quality Program.** Manufactured to avoid: added magnesium stearate (an undesirable excipient), artificial colors, artificial flavors or artificial preservatives.

**\*\*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.**

Lot# 000000-4670 R22-0131 R4.0

**P**REMIER  
RESEARCH LABS

## Premier Nutritional Flakes

### Vegetarian/Vegan Protein

- *Quality Protein*
- *Vitamin B Complex with B12*
- *Promotes Immune Health\*\**

Notice: Use this product as a food supplement only. Do not use for weight reduction.

NET WT. 10 OZ (280 g)



-  PRL's Quality Guarantee
-  Pure Vegan
-  NON-GMO
-  Gluten-Free
-  Fermented Protein
-  Rich in B Vitamins
-  Contains Vitamin B12
-  High Quality Amino Acids
-  Screened for Heavy Metals
-  Screened for Adulterants

## Nutrition Facts

About 28 servings per container

Serving size 1 Tbsp (10g)

Calories 40 per serving

Amount/Serving	% Daily Value*
<b>Total Fat 0.5 g</b>	<b>1%</b>
<b>Sodium 15 mg</b>	<b>1%</b>
<b>Total Carb. 4 g</b>	<b>1%</b>
<b>Dietary Fiber 2 g</b>	<b>8%</b>
<b>Protein 5 g</b>	<b>4%</b>

Iron 0.6 mg 4% • Potassium 210 mg 4% • Thiamin (B1) 5.4 mg 450% • Riboflavin (B2) 5.4 mg 420% • Niacin (B3) 28 mg 180% • Vitamin B6 5 mg 290% • Folate 170 mcg DFE (100 mcg folic

acid) 45% • Vitamin B12 5 mcg 210%

Not a significant source of saturated fat, *trans* fat, cholesterol, total sugars, added sugars, vitamin D, and calcium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Dried yeast (*Saccharomyces cerevisiae*), niacin, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, folic acid, cyanocobalamin.

### Typical Amino Acid Profile Per Serving (from Protein Content)

Alanine . . . . . 300 mg	Histidine . . . . . 90 mg	Proline . . . . . 160 mg
Arginine . . . . . 210 mg	Isoleucine . . . . . 210 mg	Serine . . . . . 210 mg
Aspartic Acid . . . . . 440 mg	Leucine . . . . . 320 mg	Threonine . . . . . 220 mg
Cystine . . . . . 50 mg	Lysine . . . . . 350 mg	Tyrosine . . . . . 160 mg
Glutamic Acid . . . . . 690 mg	Methionine . . . . . 70 mg	Valine . . . . . 250 mg
Glycine . . . . . 210 mg	Phenylalanine . . . . . 200 mg	

Tamper Seal: Use only if seal is intact. Store in a cool, dry place.