


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.

- ❖ The perfect high quality, vegetarian/vegan protein, containing both essential and non-essential amino acids
- ❖ Has a delicious, nutty-like flavor and is fortified with additional B vitamin complex, including B12
- ❖ Contains a special strain of fermented *Saccharomyces cerevisiae* (grown on molasses)
- ❖ Does not encourage candida or other yeast growth

 Kosher Certified

QNL's Quality Program. Manufactured to avoid: added excipients such as magnesium stearate (undesirable), 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# 000000-14670 R21-1215 R4.0



Quantum Nutritional Flakes

Vegetarian/Vegan Protein



High Quality Protein with Vitamin B Complex

Supports Immune Health♦

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

NET WT. 10 OZ (280 g)



GLUTEN FREE

NON GMO

FERMENTED PROTEIN

RICH IN B VITAMINS

CONTAINS VITAMIN B12



SCAN TO DISCOVER MORE

Nutrition Facts

About 28 servings per container

Serving size 1 Tbsp (10g)

Calories 40 per serving

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

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.