

**Suggested Usage:** Take 3 tablets 3 times daily with food.

NOW® Brewer's Yeast has several naturally occurring vitamins and minerals, with most notably B-vitamins. In addition, brewer's yeast offers other components, such as amino acids and beta-glucans. No synthetic vitamins are added to the yeast during processing. NOW® Brewer's Yeast is a genuine whole food supplement.

Brewer's yeast has naturally occurring B-vitamins such as: thiamin (vitamin B-1), riboflavin (vitamin B-2), niacin, vitamin B-6, folic acid, biotin and pantothenic acid.

**Caution: For adults only. Brewer's yeast has significant amounts of tyramine. Consult physician if taking an MAO inhibitor or other medication, if pregnant/nursing, or if you have Crohn's Disease, or other medical condition. Keep out of reach of children.**

Natural color variation may occur in this product.

This bottle is made from 100% PCR (post-consumer recycled) resin.

TABLET SIZE

CODE 2410C V11



# Brewer's Yeast

10 Grain, 650 mg

Nutritional Supplement

Easier to Swallow Tablet

200 Tablets



A Dietary Supplement Vegetarian/Vegan



General Health

Family owned since 1968.

## Supplement Facts

Serving Size 3 Tablets Servings Per Container 66

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Protein	1 g	
Brewer's Yeast (dried, inactive)	1.95 g (1,950 mg)	†

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

† Daily Value not established.

Other ingredients: Hydroxypropyl Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Silicon Dioxide.

Contains wheat. Brewer's yeast is derived from barley and wheat.

Manufactured by NOW FOODS 395 S. Glen Ellyn Rd. Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with soy, milk, egg, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.