

**TYPICAL AMINO ACID PROFILE PER SERVING**

Values are based on amino acid milligram percentages per 15 gram serving of Bluebonnet's Brewer's Yeast Flakes.

Amino Acid	% Total Protein*	mg*
Alanine	6.81%	435 mg
Arginine	4.69%	300 mg
Aspartic Acid	10.33%	660 mg
Cysteine/Cystine	1.41%	90 mg
Glutamic Acid	19.95%	1275 mg
Glycine	4.46%	285 mg
Histidine	2.35%	150 mg
Isoleucine**	4.69%	300 mg
Leucine**	7.28%	465 mg
Lysine	7.75%	495 mg
Methionine	1.41%	90 mg
Phenylalanine	4.46%	285 mg
Proline	4.23%	270 mg
Serine	5.16%	330 mg
Threonine	4.93%	315 mg
Tryptophan	1.41%	90 mg
Tyrosine	3.29%	210 mg
Valine**	5.40%	345 mg

\*Values are based on a calculation of 15 grams of Brewer's Yeast Flakes

\*\* Branched Chain Amino Acids



**Bluebonnet**

New Look

NON-BITTER  
**Brewer's Yeast**  
FLAKES

**DAILY NUTRITIONAL SUPPORT**

Unflavored • Unsweetened • Unfortified			
PER SERVING	<b>7 g</b> PROTEIN	<b>3 g</b> FIBER	<b>60</b> CALORIES
VITAMINS & MINERALS			



**DIRECTIONS:** As a dietary supplement, take one scoop (15 g) daily or as directed by a healthcare practitioner. Mixes instantly without the use of a blender. Store tightly closed in a cool, dry place. **Scoop is enclosed.**

Supplement Facts			
Serving Size 1 Scoop (15 g)			
Servings Per Container 14			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	60	Vitamin B6	0.5 mg 29%
Total Fat	1 g 1%**	Folate	275 mcg DFE 69%
Total Carbohydrate	6 g 2%**	Biotin	5 mcg 17%
Dietary Fiber	3 g 11%**	Pantothenic Acid	2 mg 40%
Total Sugars	2 g *	Iron	0.5 mg 3%
Protein	7 g 14%**	Magnesium	15 mg 4%
Thiamin	0.5 mg 42%	Phosphorus	140 mg 11%
Riboflavin	1 mg 77%	Zinc	1 mg 9%
Niacin	5 mg 31%	Potassium	320 mg 7%

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

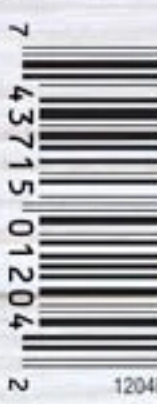
Ingredients: Brewer's Yeast.  
Manufactured by Bluebonnet Nutrition Corporation  
12915 Dairy Ashford  
Sugar Land, TX 77478 USA  
bluebonnetnutrition.com



Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.  
Also free of corn, gluten, barley and rice.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Bluebonnet's KOF-K Certification #K-0000700  
This product is sold by weight, not volume. Therefore, settling of contents may occur during shipping.  
To assure freshness and potency, store in a cool, dry place, away from heat, light and moisture.



• 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.

**WARNING**  
Consuming this product can expose you to lead and mercury which is known to the State of California to cause cancer or birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

DIETARY SUPPLEMENT • EASY-TO-MIX FLAKES

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

**NET WT. 7.4 oz (210 g)**