

SUGGESTED USE: As a dietary supplement, take 7 tablets daily. Chew tablets or grind up in the blender and mix with other foods or a shake.

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.

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.

Developed and distributed by: **Dr. Eric Berg DC**
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Rev. US 04



Dr. Berg®

THE KNOWLEDGE DOC

NUTRITIONAL YEAST

NO SYNTHETIC VITAMINS ADDED

Natural B12 (methylcobalamin) added to enhance the naturally produced B-vitamin complex in yeast

Dietary Supplement
270 Tablets



Supplement Facts

Serving size: 7 tablets

Servings per container: approx. 38

Amount per Serving	%DV*
Calories 22	
Total Fat <1 g	<1%
Total Carbohydrate 2 g	1%
Protein 9 g	17%
Nutritional yeast 5.6 g	**
Vitamin B12 (nutritional yeast, methylcobalamin) 1.8 mcg	78%

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Typical profile of naturally occurring vitamins and minerals in nutritional yeast per serving: Thiamine 0.053 mg (5% DV), riboflavin 0.778 mg (60% DV), niacin 6 mg (39% DV), vitamin B6 0.15 mg (9% DV), folate (folacin or folic acid) 56 mcg (14% DV), biotin 7 mcg (26% DV), pantothenic acid 1 mg (31% DV), calcium 128 mg (10% DV), iron 16 mg (86% DV), magnesium 8 mg (2% DV), zinc 3 mg (28% DV), selenium 22 mcg (40% DV), chloride 109 mg (5% DV), sodium 4 mg (<1% DV), potassium 113 mg (2% DV)
Other ingredients: Microcrystalline cellulose, dicalcium phosphate, organic vanilla flavor, silicon dioxide, magnesium stearate (vegetable source), stevia