

TYPICAL AMINO ACID PROFILE PER SERVING

Values are based on amino acid milligram percentages per **10 gram** serving of Bluebonnet's Non-Bitter Nutritional Yeast Flakes.

| Amino Acid | % Total Protein* | mg* |
|------------------|------------------|--------|
| Alanine | 6.81% | 290 mg |
| Arginine | 4.69% | 200 mg |
| Aspartic Acid | 10.33% | 440 mg |
| Cysteine/Cystine | 1.41% | 60 mg |
| Glutamic Acid | 19.95% | 850 mg |
| Glycine | 4.46% | 190 mg |
| Histidine | 2.35% | 100 mg |
| Isoleucine** | 4.69% | 200 mg |
| Leucine** | 7.28% | 310 mg |
| Lysine | 7.75% | 330 mg |
| Methionine | 1.41% | 60 mg |
| Phenylalanine | 4.46% | 190 mg |
| Proline | 4.23% | 180 mg |
| Serine | 5.16% | 220 mg |
| Threonine | 4.93% | 210 mg |
| Tryptophan | 1.41% | 60 mg |
| Tyrosine | 3.29% | 140 mg |
| Valine** | 5.40% | 230 mg |

*Values are based on a calculation of 10 grams of Non-Bitter Nutritional Yeast Flakes
**Branched Chain Amino Acids

• 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.



Bluebonnet

Plant-Sourced
Vitamin D

NON-BITTER Nutritional Yeast FLAKES

DAILY NUTRITIONAL SUPPORT

Unflavored • Unsweetened • Fortified

| PER SERVING | 5 g PROTEIN | 2 g FIBER | 40 CALORIES |
|-------------|---------------------|--------------|----------------|
| | VITAMINS & MINERALS | | |



DIETARY SUPPLEMENT • EASY-TO-MIX FLAKES

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

NET WT. 10.58 oz (300 g)

DIRECTIONS: As a dietary supplement, take one scoop (10 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 (10 g)
Servings Per Container 30

| Amount Per Serving | % Daily Value | Amount Per Serving | % Daily Value |
|--------------------|---------------|-------------------------|------------------|
| Calories | 40 | Niacin | 35 mg 219% |
| Total Fat | 1 g 1%** | Vitamin B ₆ | 2 mg 118% |
| Total Carbohydrate | 4 g 1%** | Folate | 400 mcg DFE 100% |
| Dietary Fiber | 2 g 7%** | Vitamin B ₁₂ | 9 mcg 375% |
| Total Sugars | 1.5 g * | Biotin | 2 mcg 7% |
| Protein | 5 g 10%** | Pantothenic Acid | 10 mg 200% |
| Vitamin D | 35 mcg 175% | Zinc | 25 mg 227% |
| Thiamin | 1 mg 83% | Potassium | 200 mg 4% |
| Riboflavin | 6.5 mg 500% | | |

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

Ingredients: Nutritional 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.