

**TYPICAL AMINO ACID PROFILE PER SERVING**

Values are based on amino acid milligram percentages per 30 gram serving of Bluebonnet's Brewer's Yeast Powder.

Amino Acid	% Total Protein*	mg*
Alanine	6.81%	870 mg
Arginine	4.69%	600 mg
Aspartic Acid	10.33%	1320 mg
Cysteine/Cystine	1.41%	180 mg
Glutamic Acid	19.95%	2550 mg
Glycine	4.46%	600 mg
Histidine	2.35%	300 mg
Isoleucine**	4.69%	600 mg
Leucine**	7.28%	930 mg
Lysine	7.75%	990 mg
Methionine	1.41%	180 mg
Phenylalanine	4.46%	570 mg
Proline	4.23%	540 mg
Serine	5.16%	660 mg
Threonine	4.93%	630 mg
Tryptophan	1.41%	180 mg
Tyrosine	3.29%	420 mg
Valine**	5.40%	690 mg

\*Values are based on a calculation of 30 grams of protein from Brewer's Yeast Powder.  
\*\* 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.

**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](http://www.P65Warnings.ca.gov/food)



**Bluebonnet**

New Look

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



**DAILY NUTRITIONAL SUPPORT** ◆

Unflavored • Unsweetened • Unfortified

PER SERVING	<b>14 g</b> PROTEIN	<b>6 g</b> FIBER	<b>120</b> CALORIES
VITAMINS & MINERALS			



DIETARY SUPPLEMENT • EASY-TO-MIX POWDER

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

**NET WT. 1 lb. (454 g)**

**DIRECTIONS:** As a dietary supplement, take two scoops (30 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 2 Scoops (30 g) Servings Per Container about 15			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	120	Biotin	10 mcg 33%
Total Fat	1 g 1%**	Pantothenic Acid	5 mg 100%
Total Carbohydrate	12 g 4%**	Iron	1 mg 6%
Dietary Fiber	6 g 21%**	Magnesium	30 mg 7%
Total Sugars	5 g *	Phosphorus	220 mg 18%
Protein	14 g 28%**	Zinc	2 mg 18%
Thiamin	1 mg 83%	Selenium	65 mcg 118%
Riboflavin	2 mg 154%	Copper	0.2 mg 22%
Niacin	10 mg 63%	Chromium	15 mcg 43%
Vitamin B <sub>6</sub>	1 mg 59%	Potassium	585 mg 12%
Folate	425 mcg DFE 106%		

\*\*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](http://bluebonnetnutrition.com)



Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.  
Also free of corn, gluten, barley and rice.  
Made in USA from imported ingredients (Estonia).

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.