

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.

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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.



Warning: Cancer & Reproductive harm
www.p65warnings.ca.gov

Developed and distributed by Dr. Eric Berg DC
To reorder: shop.drberg.com (800) 816-8184

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THE KNOWLEDGE DOC

NUTRITIONAL YEAST

NO SYNTHETIC VITAMINS ADDED

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

270 Tablets
Dietary Supplement



Supplement Facts

Serving size: 7 tablets

Servings per container: approx. 38

Amount per Serving	%DV*
Calories 20	
Total Carbohydrates 2 g	<1%
Total Sugars 0 g	
Protein 3 g	6%
Vitamin B12 (as methylcobalamin) 1.8 mcg	75%
Sodium 3 mg	<1%
Nutritional yeast 5.6 g	**

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

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, organic vanilla flavor, silicon dioxide, magnesium stearate (vegetable source), stevia

Typical profile of naturally occurring vitamins and minerals in nutritional yeast per serving: Thiamin (vitamin B1) 0.6 mg (50% DV), riboflavin (vitamin B2) 0.2 mg (15% DV), niacin 2 mg (12% DV), vitamin B6 0.08 mg (5% DV), folate 130 mcg DFE (33% DV), pantothenic acid 0.76 (15% DV), calcium 1 mg (<1% DV), iron 0.1 mg (13% DV), magnesium 3 mg (<1% DV), zinc 0.4 mg (4% DV), selenium 0.4 mcg (<1% DV), potassium 53 mg (1% DV)