



Dr. Berg® THE KNOWLEDGE DOC

NON-FORTIFIED

# NUTRITIONAL YEAST FLAKES

NON-FORTIFIED | GLUTEN-FREE | VEGAN | NON-GMO

14  
SERVINGS

NUTRITIONAL SUPPLEMENT  
Net wt 8 oz (227 g)



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# NUTRITIONAL YEAST FLAKES

Sprinkle desired amount on your salad, scrambled eggs, soups, kale chips, stews, broths, cottage cheese, and many other foods for a boost in natural B vitamins.

DO NOT USE IF SEAL IS BROKEN. RESEAL BETWEEN EACH USE TO LOCK IN FRESHNESS AND STORE IN A COOL, DRY PLACE.

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.

- ✓ NON-FORTIFIED
- ✓ GLUTEN-FREE
- ✓ VEGAN
- ✓ NON-GMO

Developed and distributed by Dr. Eric Berg DC

To reorder: [shop.drberg.com](http://shop.drberg.com) (800) 816-8184

Dr. Berg Nutritionals® 4501 Ford Avenue, Alexandria, VA 22302



Rev. US 02

## Nutrition Facts

Servings per container: approx. 14

Serving size: 2 tbsp. (16 g)

Amount per Serving	%DV*
<b>Calories</b>	<b>60</b>
<b>Total Fat</b> 1 g	1%
Saturated Fat 0 g	0%
Unsaturated Fat 1 g	1%
Trans Fat 0 g	0%
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 2 mg	<1%
<b>Total Carbohydrates</b> 6 g	2%
Dietary Fiber 3 g	11%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 8 g	
Vitamin D 0 mcg	0%
Calcium 13 mg	<1%
Iron 0.64 mg	4%
Potassium 352 mg	8%
Vitamin C 0 mg	0%
Thiamin 0.3 mg	25%
Riboflavin 1 mg	80%
Niacin 6 mg	40%
Vitamin B6 0.5 mg	30%
Pantothenic acid 2 mg	40%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\*Daily Value not established.

Ingredients: Nutritional yeast flakes