

†Brewer's Yeast is derived from wheat and barley fermentation.

**FREE OF: Dairy, Soy, Sugar, Sodium, Artificial Flavor, Preservatives and Color.**

Solgar's KOF-K certification #K-1250

Carefully Manufactured by:  
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**SOLGB55609 03B**



# BREWER'S YEAST 7½ GRAINS WITH VITAMIN B 12

DAIRY FREE

SUITABLE FOR VEGETARIANS



**250 TABLETS**

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 6 Tablets

Servings Per Container: 41

| Amount Per Serving                                 |                | %DV |
|----------------------------------------------------|----------------|-----|
| Calories                                           | 15             |     |
| Total Carbohydrate                                 | 2 g            | 1%* |
| Thiamin (vitamin B1)<br>(as thiamin hydrochloride) | 0.28 mg        | 19% |
| Riboflavin (vitamin B2)                            | 0.09 mg        | 6%  |
| Niacin                                             | 0.72 mg        | 4%  |
| Vitamin B12<br>(as cyanocobalamin)                 | 5 mcg          | 83% |
| Brewer's Yeast                                     | 3,000 mg (3 g) | **  |

\*Percent Daily Values (DV) are based on a  
2,000 calorie diet

\*\*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate.

Contains wheat.†

**SUGGESTED USE:** As a dietary supplement for adults, take six (6) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you allergic to yeast. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

