

Suggested Usage: Take 3 tablets 3 times daily with meals.

NOW® Brewer's Yeast has several naturally occurring vitamins and minerals, with most notably B-vitamins. In addition, Brewer's Yeast offers other components, such as amino acids and beta-glucans. No synthetic vitamins are added to the yeast during processing. NOW® Brewer's Yeast is a Genuine Whole Food supplement.

Brewer's Yeast has naturally occurring B-vitamins such as: Thiamin (Vitamin B-1), Riboflavin (Vitamin B-2), Niacin, Vitamin B-6, Folic Acid, Biotin and Pantothenic Acid.

Caution: For adults only. Brewer's Yeast has significant amounts of tyramine. Consult physician if taking an MAO inhibitor or other medication, if pregnant/nursing, or if you have Crohn's Disease, or other medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may
occur in this product.

CODE 2410C V8



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Brewer's Yeast

10 Grain, 650 mg

Nutritional Supplement

Easier to Swallow Tablet

200 Tablets



A Dietary Supplement Vegetarian/Vegan



General Health

Family owned since 1968.

Supplement Facts

Serving Size 3 Tablets Servings Per Container 66

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Protein	1 g	2%*
Brewer's Yeast	1.95 g (1,950 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

