

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy.
Your health & safety are our first priority!

No Artificial Color, Flavor or Sweetener,
No Preservatives, **No** Starch, **No** Milk,
No Lactose, **No** Soy, **No** Fish.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use product if pull ring under cap is damaged or broken.

0 74312 72270 7
TO REORDER PROD. # **2270**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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VITAMIN WORLD
get healthy.

Debittered
**Brewer's
Yeast
Powder**
Natural Source of
B Vitamins

Net Wt.
1 lb.

Vegetarian Dietary Supplement (16 oz.) 454 g

DIRECTIONS: For adults, take one (1) tablespoon (15 g) one to four times daily. Mix in milk, fruit juice, soups or chopped meat. Its superb taste means you can sprinkle it on salads, cottage cheese, yogurt and other foods. Use it in cooking meat loaves, casseroles and many other dishes.

Supplement Facts

Serving Size 1 Tablespoon (15 g)
Servings Per Container about 30

Amount Per Serving		%Daily Value
Calories	60	
Calories from Fat	10	
Total Fat	1 g	1%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	12%*
Sugars	2 g	**
Protein	7 g	14%
Thiamin	0.5 mg	34%
Riboflavin (Vitamin B-2)	0.4 mg	28%
Niacin	4.8 mg	24%
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.4 mg	20%
Folic Acid	261 mcg	65%
Vitamin B-12	0.03 mcg	1%
Biotin	5.8 mcg	2%
Pantothenic Acid (as d-Calcium Pantothenate)	0.8 mg	8%
Calcium	13 mg	1%
Iron	1.3 mg	8%
Phosphorus	151 mg	15%
Magnesium	16 mg	4%
Zinc	1.5 mg	10%
Copper	0.03 mg	2%
Chromium	1.8 mcg	2%
Sodium	10 mg	<1%
Potassium	260 mg	7%

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

**Daily Value not established.

Ingredient: Debittered Brewer's Yeast.

Contains a wheat ingredient.