



Brewer's Yeast 7 1/2 Grains Tablets with Vitamin B12

Suitable For Vegetarians

Sugar and Starch Free

Supplement Facts
Serving Size 6 Tablets
Servings Per Container: 41

	Amount Per 6 Tablets	% Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	<1 g	2%*
Protein	1 g	2%*
Thiamin	0.4 mg	27%
Riboflavin	0.2 mg	12%
Niacin	1 mg	5%
Vitamin B6	0.1 mg	5%
Folic Acid	60 mcg	15%
Vitamin B12	5 mcg	83%
Biotin	3 mcg	1%
Pantothenic Acid	0.1 mg	1%
Sodium	11 mg	<1%
Choline	1 mg	**
Alanine	94 mg	**
Arginine	61 mg	**
Aspartic Acid	127 mg	**
Cystine	11 mg	**
Glutamic Acid	201 mg	**
Glycine	61 mg	**
Histidine	26 mg	**
Isoleucine	59 mg	**
Leucine	92 mg	**
Lysine	92 mg	**
Methionine	16 mg	**
Phenylalanine	53 mg	**
Proline	49 mg	**

Serine	65 mg	**
Threonine	62 mg	**
Tryptophane	13 mg	**
Tyrosine	42 mg	**
Valine	70 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Ingredients: Brewer's Yeast, Silica.

CAUTION: PHENYLKETONURICS (PKU): This product contains phenylalanine.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 400

Available in Bottles of: 250

Solgar's KOF-K Kosher certification #K-1250 

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