Product Information

Nutritional Yeast Flakes



Description:	* Full spectrum of essential amino acids * Balanced variety of B Vitamins * Naturally low in fat and sodium * Primary grown for human consumption * Certified Kosher (Excluding Passover) * Candida albicans free * Typical analysis: Protein 50%, Nucleic Acids 8-10% (approx 10% DNA, 90% RNA) 1.28-1.44g
Item#:	38010
Size:	22oz Powder
Suggested Retail Price:	$14.99
Directions:	Two heaping tablespoons taken with water or broth is an excellent between meal snack - or simply mix with fruit or vegetable juices to make a nourishing dring.
Serving Size:	2 Powder

Ingredients:	Amount per serving:	% Daily Value: +
Sugar	1 g	~
Calories	45	~
Calories from Fat	5	~
Potassium	320 mg	9%
Molybdenum		8%
Biotin		8%
Magnesium		6%
Copper		6%
Manganese		6%
Iron		4%
Total Carbohydrate	5 g	2%
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	5 mg	0%
Ingredients: Primary grown, dried edible Brewer's Yeast (Saccharomyces cerevisiae) in flake form, Niacin, Pyridoxine HCl, Thiamine HCl, Riboflavin and Vitamin B-12		~
Selenium		30%
Zinc		20%
Dietary Fiber	4 g	16%
Protein	8 g	16%
Phosphorus		15%
Pantothenic Acid		10%
Tin	12.8 mcg	~
Methionine	128 mg	~
Glutamic Acid	1456 mg	~
Histidine	192 mg	~
Tyrosine	304 mg	~
Nickel	32 mcg	~
Proline	336 mg	~
Phenylalanine	352 mg	~
Isoleucine	384 mg	~

Glycine	384 mg	~
Arginine	384 mg	~
Threonine	432 mg	~
Serine	432 mg	~
Valine	464 mg	~
Alanine	544 mg	~
Leucine	592 mg	~
Lithium	64 mcg	~
Choline	64 mg	~
Lysine	704 mg	~
Inositol	76.8 mg	~
Tryptophan	80 mg	~
Cystine	80 mg	~
Aspartic Acid	896 mg	~
Thiamin (Vitamin B-1)		640%
Folic Acid		60%
Riboflavin (Vitamin B-2)		570%
Vitamin B-6		480%
Niacin		280%
Vitamin B-12		130%

Key to Ingredients:
~ = Daily Value not established.
+ = Percent Daily Value is based on a 2,000 calorie diet.
† = Values differ depending on age
‡ = Values differ depending on age

Other Ingredients:	
Other:	See product label for more information.

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