

Supplement Facts

Serving Size: 2 tbsps. (30 g)
Servings Per Container: 15

Amount Per Serving % Daily Value

Calories	116	
Calories from Fat	0	
Total Fat	0 g	0%*
Trans Fat	0 g	0%*
Cholesterol	0 mg	0%*
Sodium	70 mg	3%*
Potassium	600 mg	18%*
Total Carbohydrate	13 g	4%*
Dietary Fiber	6 g	24%*
Sugars	0 g	†
Protein	16 g	32%*

Vitamin A	0%	•	Pantothenic Acid	8%
Vitamin C	0%	•	Calcium	2%
Vitamin D	0%	•	Iron	30%
Vitamin E	0%	•	Phosphorus	80%
Thiamin	80%	•	Iodine	0%
Riboflavin	70%	•	Magnesium	8%
Niacin	50%	•	Zinc	20%
Vitamin B6	60%	•	Selenium	85%
Folic Acid	50%	•	Copper	10%
Vitamin B12	5%	•	Manganese	1%
Biotin	5%	•	Chromium	140%

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

Amount Per Serving		% Daily Value
Inositol	100 mg	†
Choline	126 mg	†
RNA/DNA	2 g	†
PABA	750 mcg	†

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Brewer's Yeast

Dried, Inactive Yeast

ALLERGENS: None

DO NOT REFRIGERATE.
STORE IN A COOL, DRY PLACE.



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AMINO ACIDS

	Content in each serving	Composition of yeast protein
Alanine	1326 mg	7.37%
Arginine	1047 mg	5.82%
Aspartic Acid	1350 mg	7.50%
Cystine	213 mg	1.18%
Glutamic Acid	1800 mg	10.00%
Glycine	645 mg	3.58%
Histidine	357 mg	1.98%
Isoleucine	717 mg	3.98%
Leucine	876 mg	4.87%
Lysine	882 mg	4.90%
Methionine	249 mg	1.38%
Phenylalanine	675 mg	3.75%
Proline	405 mg	2.25%
Serine	624 mg	3.47%
Threonine	957 mg	5.32%
Tryptophan	303 mg	1.68%
Tyrosine	912 mg	5.07%
Valine	912 mg	5.07%