

Product sold by weight only, not by volume.
Settling may occur in shipping and handling.

TWINLAB Genuine Brewers Yeast has been recognized as a storehouse of natural nutrients. One heaping tablespoon provides essential amino acids, vitamins, minerals and trace elements. You can sprinkle it on food, use it as a seasoning or mix it with milk, juices, soups, gravies, and casseroles.

**CONTAINS ABSOLUTELY NO
ADDED PRESERVATIVES, FRUCTOSE,
HONEY, OR SUGARS.**

Best if used by date shown on bottle.

MANUFACTURED BY TWINLAB CORPORATION
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**KEEP IN A
COOL
PLACE**

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TWINLAB®

**MILD
TASTING**

GENUINE BREWERS YEAST

NET WT. 18 OZ. (510 g)
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Heaping Tablespoon (16 g)
Servings Per Container about 31

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories	60	Iron	0.72 mg 4%
Calories from Fat	10	Phosphorus	100 mg 10%
Total Fat	1 g 2%**	Magnesium	16 mg 4%
Total Carbohydrate	6 g 2%**	Zinc	2.25 mg 15%
Protein	7 g	Copper	80 mcg 4%
Thiamin	0.45 mg 30%	Manganese	80 mcg 4%
Riboflavin	0.26 mg 15%	Chromium	30 mcg 25%
Niacin	2 mg 10%	Sodium	60 mg 3%
Vitamin B6	0.12 mg 6%	Potassium	120 mg 3%
Folic Acid	80 mcg 20%		
Biotin	12 mcg 4%		
Pantothenic Acid	0.4 mg 4%		

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

Ingredients: Debittered Brewers Yeast.

TYPICAL AMINO ACID PROFILE OF YEAST PER SERVING

Alanine	522 mg
Arginine	408 mg
Aspartate	705 mg
Cystine	99 mg
Glutamine	986 mg
Glycine	352 mg
Histidine	183 mg
Isoleucine	352 mg
Leucine	550 mg
Lysine	521 mg
Methionine	127 mg
Phenylalanine	324 mg
Proline	352 mg
Serine	394 mg
Threonine	352 mg
Tryptophan	84 mg
Tyrosine	267 mg
Valine	422 mg