

CODE 2420 



SUGGESTED USAGE: Take 2 tablespoons (16 g) daily mixed in milk, cereal or juice. Also add to cooking and baking recipes to boost nutritional content. Consider taking this product in combination with NOW® Lecithin and Flax Meal.

NOW® Brewer's Yeast delivers the natural nutrient profile found in Genuine Whole Foods.

Brewer's Yeast is an excellent source of protein and several B-Vitamins. It is produced by cultivation of *Saccharomyces cerevisiae* on malted barley in the production of beer. After fermentation, the yeast is separated from the beer, roller dried and debittered.

Contains no sugar, salt, starch, wheat, corn, soy, milk, egg, shellfish or preservatives.

Store in a cool, dry place. Please Recycle.

This product is sold by weight not volume.



Brewer's Yeast

SUPER FOOD

Reduced Bitterness

Net Wt. 1 lb. (454 g)



Nutrition Facts

Serving Size 2 Tablespoons (16 g)
Servings Per Container 28

Amount Per Serving

Calories 60 Calories from Fat < 5

% Daily Value*

Total Fat < 0.5 g < 1%

Saturated Fat < 0.5 g < 1%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 3 mg < 1%

Total Carbohydrate 7 g 2%

Dietary Fiber 4 g 16%

Sugars < 0.5 g

Protein 7 g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 6%

* 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

Ingredient: 100% Pure Brewer's Yeast (debittered).

Manufactured by NOW FOODS
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Made in the U.S.A. www.nowfoods.com