

General Health

Family owned since 1968.



**Suggested Usage:** Take 2 heaping tablespoons daily mixed in milk, fruit juice or vegetable juice. It can also be used in vegetarian recipes or added to protein shakes to boost nutritional content.

**NOW® Nutritional Yeast delivers the natural nutrient profile found in Genuine Whole Foods.**

NOW® pleasant tasting Nutritional Yeast Flakes are produced from a specially selected strain of *Saccharomyces cerevisiae*. This yeast is grown on enriched purified cane and beet molasses under carefully controlled conditions. This is a primary grown yeast and is therefore NOT a brewery by-product as is brewer's yeast. This ensures freedom from *Candida albicans* yeast.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Natural color variation may occur in this product.**

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

CODE 2455 V3



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# Nutritional Yeast Flakes

Super Food

Fortified with additional B-Vitamins

Net Wt. 10 oz. (284 g)  
Vegetarian/Vegan



## Nutrition Facts

Serving Size 2 Heaping Tablespoons (approx. 16 g)  
Servings Per Container about 18

### Amount Per Serving

Calories 60                      Calories from Fat 10

**% Daily Value\***

**Total Fat** 1 g                      **2%**

Saturated Fat 0 g                      **0%**

Trans Fat 0 g

**Cholesterol** 0 mg                      **0%**

**Sodium** 5 mg                      **< 1%**

**Potassium** 320 mg                      **9%**

**Total Carbohydrate** 5 g                      **2%**

Dietary Fiber 4 g                      **16%**

Sugars 0 g

**Protein** 9 g

Vitamin A 0%                      •                      Vitamin C 0%

Calcium 0%                      •                      Iron 5%

Thiamin (B-1) 670%                      •                      Riboflavin (B-2) 590%

Niacin (B-3) 280%                      •                      Vitamin B-6 560%

Folate (Folic Acid) 180%                      •                      Vitamin B-12 400%

Pantothenic Acid 10%                      •                      Selenium 30%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Dried Yeast (Non-GMO), Niacin (B-3), Pyridoxine Hydrochloride (B-6), Riboflavin (B-2), Thiamin Hydrochloride (B-1), Folic Acid and Vitamin B-12.

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T-6635+ Yeast Product

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