

## Brewers Yeast Nutritional Guide

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|                             | <u><a href="#">Regular<br/>Brewers Yeast</a></u> | <u><a href="#">Mega-Tabs<br/>Brewers Yeast</a></u> | <u><a href="#">Regular Brewers<br/>Yeast Powder</a></u> |
|-----------------------------|--|--|---|
| <b>Vitamins:</b>            | Per Tablet                                       | Per Tablet   | Per Pound<br>(30 tsps)                                  |
| Thiamine (Vit. B1)          | 0.22 mg  | 1.10 mg  | 200 mg  |
| Riboflavin (Vit. B2)        | 0.22 mg  | 1.10 mg  | 200 mg  |
| Vitamin B6                  | 0.022 mg   | 0.11 mg  | 20 mg   |
| Vitamin B12                 | 0.033 mg   | 0.165 mcg  | 30 mcg  |
| d-Pantothenic Acid          | 0.044 mg   | 0.22 mg  | 40 mg   |
| Folic Acid                  | 0.003 mg   | 0.019 mg   | 3 mg  |
| Niacin                      | 0.55 mg  | 2.75 mg  | 50 mg   |
| Biotin                      | 0.001 mg   | 0.005 mg   | 1 mg  |
| <b>Minerals:</b>            |  |  |   |
| Zinc                        | 1.65 mg  | 8.25 mg  | 1500 mg   |
| Iron                        | 1.1 mg   | 5.50 mg  | 1000 mg   |
| Manganese                   | 0.22 mg  | 1.10 mg  | 200 mg  |
| Copper                      | 0.11 mg  | 0.55 mg  | 100 mg  |
| Colbalt                     | 0.054 mg   | 0.27 mg  | 49 mg   |
| <b>Amino Acids Profile:</b> |  |  |   |
| Arginine                    | 2.1 mg   | 10.5 mg  | 1900 mg   |
| Methionine                  | 0.7 mg   | 3.5 mg   | 600 mg  |
| Phenylalanine               | 1.7 mg   | 8.5 mg   | 1500 mg   |
| Threonine                   | 2.0 mg   | 10.0 mg  | 1800 mg   |
| Isoleucine                  | 2.1 mg   | 10.5 mg  | 1900 mg   |
| Tryptophan                  | 0.4 mg   | 2.0 mg   | 350 mg  |
| Luecine                     | 3.1 mg   | 15.5 mg  | 2800 mg   |
| Lysine                      | 3.0 mg   | 15.0 mg  | 2700 mg   |
| Valine                      | 2.3 mg   | 11.5 mg  | 2050 mg   |
| Histidine                   | 1.0 mg   | 5.0 mg   | 900 mg  |

|                                |          |          |         |
|--------------------------------|----------|----------|---------|
| Crude Protein (not less than)  | 36.0%    | 36.0%    | 36.0%   |
| <b>Omega 3 Fatty Acids:</b>    |          |          |         |
| EPH<br>(Eicosapentaenoic Acid) | 0.065 mg | 3.25 mg  | 590 mg  |
| DHA (Ducosahexoenoic Acid)     | 0.45 mg  | 2.25 mg  | 400 mg  |
| DPA<br>(Ducospentaenoic Acid)  | 0.07 mg  | 0.35 mg  | 60 mg   |
| <b>Omega 6 Fatty Acids:</b>    |          |          |         |
| Linoleic Acid                  | 3.00 mg  | 15.00 mg | 2700 mg |