



R11-0510

Recommended Use. Take 2 tablespoons daily with each meal. Enjoy its pleasant-tasting, nutty flavor by mixing it into drinks or food, such as soup, grain dishes, salads, vegetable juice or sprinkle over popcorn.

- A tasty **Super Food** for daily super nutrition that is rich in B vitamin complex; also features the important compound, beta-1, 3 glucans (800 mg/serving)
 - A good source of high quality, bioavailable protein (63% protein by weight; 10 g per serving), containing both essential and non-essential amino acids
 - Primary strain of *Saccharomyces cerevisiae* (specially grown on molasses - *not petrochemical sludge or refined sugar*)
 - Does not encourage candida or other yeast growth
- Violite® Protected:** Patent-pending dark violet container; proven to block light between 450-720 nm, the range known to damage nutrients; made from #2 PET nontoxic plastic with no risk of migration of toxic plastic particles into product

Our Quality One Guarantee: No magnesium stearate (an undesirable excipient), corn, milk, soy, salt, sugar, wheat, artificial colors, flavors or preservatives. Store in a cool, dry place.

Quantum Nutritional Flakes

Vegetarian Protein

A Delicious Super Food For Daily Use

- *Rich in B Vitamins*
- *A Good Source of Quality Protein*
- *Features Beta-1, 3 Glucans*

NET WT. 8 OZ (227 g)

Nutrition Facts	Amt./Serving	%DV*	Amt./Serving	%DV*
	Total Fat 1 g		1%	Total Carb. 6 g
Saturated Fat 0 g			Dietary Fiber 6 g	24%
Trans Fat 0 g			Sugars 0 g	
Cholesterol 0 mg	0%		Protein 10 g	19%
Sodium 5 mg	0%			
Calories 63				
Calories from Fat 9				
*Percent Daily Values are based on a 2000 calorie diet. DV represents "Daily Value".				
Vitamin B ₁ 640% ● Vitamin B ₂ 570% ● Vitamin B ₃ 280%				
Vitamin B ₆ 560% ● Folic Acid 180% ● Vitamin B ₁₂ 400%				
Iron 6% ● Zinc 20% ● Selenium 30%				
Not a significant source of vitamin A, vitamin C or calcium.				

Ingredients: Primary Nutritional Yeast (*Saccharomyces cerevisiae*)

Amino Acid Profile Per Serving (from Protein Content)					
Alanine	350 mg	Histidine	120 mg	Proline	210 mg
Arginine	250 mg	Isoleucine	250 mg	Serine	280 mg
Aspartic Acid	570 mg	Leucine	380 mg	Threonine	280 mg
Cystine	50 mg	Lysine	450 mg	Tryptophan	50 mg
Glutamic Acid	920 mg	Methionine	90 mg	Tyrosine	190 mg
Glycine	250 mg	Phenylalanine	220 mg	Valine	300 mg

**Pure
Vegan**

No fillers or additives.

**Excipient
Free**