

### Brewer's Yeast with Vitamin B12

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product. Avoid this product if you are allergic to yeast. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged. For Best Before End and Batch No. information see neck of bottle.

Solgar's KOF-K certification #K-1250

Solgar® is a registered trademark.

Carefully Manufactured in the U.S.A.

By: Solgar, Inc., Leonia, N.J.

For: Solgar (U.K.), Herts, HP23 5PT

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# BREWER'S YEAST

WITH

# VITAMIN B12

SUITABLE FOR VEGANS

SUGAR, SALT AND STARCH FREE

250 TABLETS

FOOD SUPPLEMENT

### Ingredients

%EC NRV\*

Six (6) tablets provide:

Brewer's Yeast Powder.... 3000 mg

(contains barley,  
wheat, sulphites)

Bulking Agent: microcrystalline  
cellulose

Anti-caking Agents: silicon  
dioxide, vegetable stearic acid,  
vegetable magnesium stearate

Crosslinked Cellulose Gum

Vitamin B12 ..... 5 µg 200

(as cyanocobalamin)

\*EC NRV = EC Nutrient Reference Value

**DIRECTIONS FOR USE:** As a food supplement for adults, six (6) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

**FREE OF:** Dairy, Soya, Preservatives, Artificial Flavours or Colours.

Food supplements should not be used instead of a varied balanced diet and a healthy lifestyle.

