



Vitamin Yeast Tablets

Food supplement for beauty from inside.

Useful information:

Beer-enthusiasts always knew it: Beer does not only taste good, but it is also healthy if it is enjoyed in moderation. In the brewer's yeast (*Saccharomyces cerevisiae*), which arises with the fermentation, is a real treasure of mineral nutrients, amino acids, trace elements and above all vitamins.

Today, after fermentation the yeast is filtered out largely in order to make the beer more durable. If you want to get the valuable ingredients of yeast, you can get them by taking Sanct Bernhard Vitamin Yeast Tablets. To ensure a sustained effect, the yeast is enriched with niacin and vitamins B1 and B2.

Each tablet contains 500mg of vitamin-yeast!

Ingredients: Yeast Powder (91.7%) (*Saccharomyces cerevisiae*), Magnesium Carbonate, release agent Silicon Dioxide, Niacin, Vitamin B1 Hydrochloride, Vitamin B2.

	per tablet	per daily dose (=9 tablets)	% of NRV recommended daily dose*	per 100 g tablets
Vitamin yeast	500 mg	4500 mg	**	91.7 g
Magnesium	10 mg	90 mg	24	1.8 g
Niacin	2.05 mg	18.45 mg	115	376 mg
Vitamin B1	0.75 mg	6.75 mg	614	137 mg
Vitamin B2	0.21 mg	1.89 mg	135	38.5 mg
Folic acid from yeast powder	7.5 µg	67.5 µg	34	1.3 mg

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

** No reference value has yet been established

Recommended dosage: Take 3 tablets 3 times a day. The tablets should be swallowed whole with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 500 tablets = 271 g

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