



BREWERS YEAST

Brewers Yeast (*Saccharomyces cerevisiae*) is known as nature's wonder food, a name which it certainly deserves. It is an excellent source of all the major B vitamins (except B12). It also contains other vitamins, sixteen amino acids and fourteen or more minerals.



The Benefits of Brewers Yeast

Sleep—has been shown to help people having difficulty sleeping. This is due to the Niacin and Vitamin B6 present in the yeast which work together to produce the brain chemical serotonin which is essential for restful sleep.

Fatigue—has been shown to help people who feel fatigued since many of the B group vitamins present are essential in the release of energy from the carbohydrates in the food we consume.

Diarrhoea—has been used to treat diarrhoea caused by *Clostridium difficile*.



Properties

Brewers yeast contains many different vitamins, minerals and amino acids. The major vitamins are:
Vitamin B1 (thiamin) - releases energy from carbohydrate in the diet and is important for the heart and nervous system.

Vitamin B2 (riboflavin) - releases energy from carbohydrate in the diet and maintains healthy skin, eyes and digestive tract.

Niacin (Vitamin B3) - releases energy from carbohydrate and helps to maintain healthy skin, digestive tract and nervous system.



Contra-indications / Precautions

Best avoided by anyone taking monoamine oxidase inhibitors and people suffering from gout.

Why Choose Natures Aid Brewers Yeast?

Each Natures Aid Brewers Yeast tablet contains 300mg of Brewers Yeast with no added ingredients.

SUITABLE FOR VEGETARIANS



Natures Aid, St George's Park, Kirkham, PR4 2DQ

This information has been provided to inform and educate trade customers and professionals only. It is not intended for use to diagnose, treat or cure disease; nor to provide medical advice. If in doubt consult a qualified practitioner.

Copyright © Natures Aid Health Products. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Natures Aid Health Products.