

Nutritional Super Food

Premier Nutritional Flakes

*The Super Food For Superior Health**



The Best Source of Nutritional Yeast

Pure Strain of Saccharomyces Yeast

- Not contaminated or accidental wild strains
- Guaranteed Candida albicans negative
- Gluten-free

Grown on Molasses

- Not grown on industrial sludge or refined sugar (a common practice)
- Contains no sugar, artificial colors or flavors

Carefully Dried on Roller Drums

- Not highly heated

Good Tasting

- Simply mix 1 or 2 tsp. with any food, especially grains and vegetables
- Imparts a rich, hearty, nutty-like flavor
- Naturally low in fat and sodium

Super Nutrients In Premier Nutritional Flakes

- **Rich in Protein** (Up to 55% high quality protein)
Rich in lysine and tryptophan, the perfect complement for use with grains; has no arachidonic acid cascade as found with eating animal protein (meat, poultry)
- **Rich in BCAAs** (branched chain amino acids)
BCAAs are regulators of the body's protein synthesis, especially during stress.
- **Rich in B Vitamins**
Rich in B complex vitamins, including vitamin B12 and folic acid; provides vegans and vegetarians with a reliable, non-animal source of vitamin B12
- **Rich in Glutathione** (GSH) (A whopping 105 mg./tbsp.)
*Glutathione peroxidase helps boost liver and immune system functions.**
- **Pre-biotic** (10% trehalose)
*An unabsorbable sugar; helps support healthy colon bacteria**
- **Rich in Beta 1, 3-Glucans** (1,150 mg./tbsp.)
*Beta 1, 3-glucans acts as a free radical scavenger and macrophage stimulator.**
- **Rich in Trace Minerals**
Rich in broad spectrum, organically bound trace minerals including selenium, chromium, manganese, copper, vanadium, molybdenum and lithium

How to Use Nutritional Flakes

- Use nutritional flakes as a condiment sprinkled on rice and vegetables, or on popcorn for snack time
- Mix in breakfast drinks
- Dust on breads and crackers
- Blend in butter, cheese, spreads and pâtés
- Use in dips, sauces and gravies (½ teaspoon per 1 cup liquid)
- Add to soups, bisques and chowders
- Sprinkle on sandwiches
- Include in main entrées
- Blend in desserts
- Add one tablespoon per 2 cups mixture to vegetable, bean or grain burgers
- Use 1 teaspoon of nutritional yeast with each cup of flour or meal in baked goods
- Make a yeast “cheese” to adorn a vegan pizza or lasagna
- Add it to your cat or dog’s food to help eliminate fleas and promote a healthy coat and good general nutrition

The Most Valuable Super Food

Many nutritionists consider primary-grown nutritional yeast to be the *most valuable super food available*. Nutritional yeast is a truly amazing source of many nutrients packed into one food. This is because nutritional yeast is a complete protein, containing more protein than meat and is much more bio-available.

In addition, nutritional yeast is an excellent source of B-vitamins, including B12 (especially important for vegetarians). Nutritional yeast also contains GTF, the glucose tolerance factor that helps regulate blood sugar. The earliest recorded use of yeast was in 1550 BC in Egypt. But it is only during the last few decades that the outstanding health benefits of nutritional yeast have been researched.

Raised on Molasses

The best primary grown nutritional yeast is grown on mineral-enriched molasses. The yeast absorbs the minerals from the molasses, providing possibly the best natural food form of minerals available for humans. At the end of its growth period, the yeast is pasteurized to avoid the use of living yeast (which can create intestinal problems such as gas and bloating).

Another type of nutritional yeast, brewer’s yeast, is not a primary grown yeast but a by-product of the beer-brewing

industry without the robust properties of primary grown yeast. It has a bitter flavor (from hops) and may contain impure yeast strains encountered during the brewing process. In contrast, primary-grown nutritional yeast contains only a pure yeast strain and has a delightful, nutty-like flavor.

So Many Nutrients in One Source

Nutritional yeast contains 18 amino acids (forming complete protein) and 15 minerals. It is rich in B-complex vitamins, especially helpful for stress reduction. Nutritional yeast is a valuable supplement, especially for vegetarians or vegans since it supplies a source of good B-12.

Concerned About Yeast and Candida?

Nutritional yeast is a primary grown food yeast (non-fermenting), called *Saccharomyces cerevisiae*. It is *not* a pathogenic yeast and does not cause Candida or other yeast infections. Add a few teaspoons daily to food for optimal health.

References

- Measham, JD et al. “The immunomodulatory effects of selenium, as a component of mineral enriched yeast,” *International Symposium on Probiotics*, Montreal, QC, Oct. 2000.
Walker, GM. “Physiology of mineral-enriched yeast,” *First International Bio-Minerals Symposium: Trace Elements in Nutrition, Health and Disease*, International Association of Bio-inorganic Scientists, April 19-20, 2001.
Walker, GM. “Yeast” in *Encyclopedia of Microbiology*, vol. 4, 2nd edition. Academic Press, New York, NY, 939-953.

The Amazing Benefits of Nutritional Yeast

- Provides an highly bio-available protein source
- Helps support ideal intestinal ecology*
- Helps improve hematopoiesis (the body’s blood production)*
- Helps improve liver function*
- Helps support normal cholesterol*
- Helps support alkaline phosphatase levels and bone health*

Tasty Nutritional Yeast Popcorn

Ingredients

- 1 cup Premier Popcorn (non-GMO)
- 2 tablespoons Premier Nutritional Flakes
- 2 tablespoons Premier Moroccan Olive Oil
- Dash of Premier Pink Salt (to taste)
- Optional: dash of cayenne pepper
- Optional: open 1 or 2 capsules Premier Turmeric



Directions

1. Air-pop the popcorn (takes 2 or 3 minutes) in an Air-Popper.
2. Place the popcorn in a large bowl. Stir in the rest of the ingredients and mix.
3. Enjoy this tasty, delicious popcorn often. The perfect snack!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.