

Nutrients	Units	Value in 7 grams
Brewers Yeast	grams	0.70
Coconut	grams	2.45
Calcium	grams	0.98
	mg	980.00
Magnesium	grams	0.05
	mg	50.00
Phosphorus	mg	0.10
Cobalt	mcg	0.02
Copper	mg	1.90
Iron	mg	13.00
Iodine	mg	0.16
Manganese	mg	1.05
Selenium	mcg	24.00
Zinc	mg	14.90
Salt	grams	0.35

Vitamins	Units	Value in 7 grams
A	IU	1,387.00
D	IU	175.00
E	IU	7.89
Thiamine	mcg	342.00
Riboflavin	mcg	1,120.00
Niacin	mg	2.00
Choline	mg	210.00
Pantothenic	mcg	1,930.00
Pyridoxine	mcg	289.00
Folic Acid	mcg	332.00
B12	mcg	3.50
Biotin	mg	18.00
Ascorbic Acid	IU	2.05