

PRODUCT GUIDE

# Engevita®



**Engevita®** is a premium, whole food cultured nutritional yeast ideal for direct consumption as a natural food supplement, or as a functional ingredient in meal replacers and superfood mixes. Derived from primary-grown *Saccharomyces cerevisiae*, these ingredients are suitable for vegan or vegetarian applications. **Engevita®** nutritional yeast is the original health food - inherently rich in complete protein and fiber, as well as significant amounts of vitamins and minerals. **Engevita®** also contains naturally high levels of choline, an essential nutrient necessary for good liver and skeletal muscle health. These products are available as powder or flakes.

## INACTIVE NUTRITIONAL YEAST

- One of the oldest known nutritional yeast brands
- Essential for a vegetarian or vegan diet
- A COMPLETE PROTEIN containing all essential amino acids
- Rich in Vitamins B12, D2 and riboflavin
- Characteristic nutty, toasted, savory flavor profile
- Flavor easily masked and can be used to mask off-tastes
- Available in Powder or Flake forms
- Gluten Free
- Kosher and Halal certified
- Available as certified 100% ORGANIC Bio-Engevita®

## TYPICAL NUTRITIONAL PROFILE OF NUTRITIONAL YEAST (PER 100 G)

<b>Energy</b>	<b>380-390 kcal (US )   340-350 kcal (EU)</b>
<b>Protein</b>	<b>min 45 g</b>
<b>Carbohydrate</b>	<b>35-40 g</b>
<b>of which Dietary Fiber</b>	<b>20-22 g</b>
<b>of which Sugars</b>	<b>1 g</b>
<b>Fat</b>	<b>4 g</b>
<b>Saturated Fat</b>	<b>≤ 1 g</b>
<b>Trans Fatty Acids</b>	<b>0 g</b>
<b>Choline</b>	<b>200-350 mg</b>



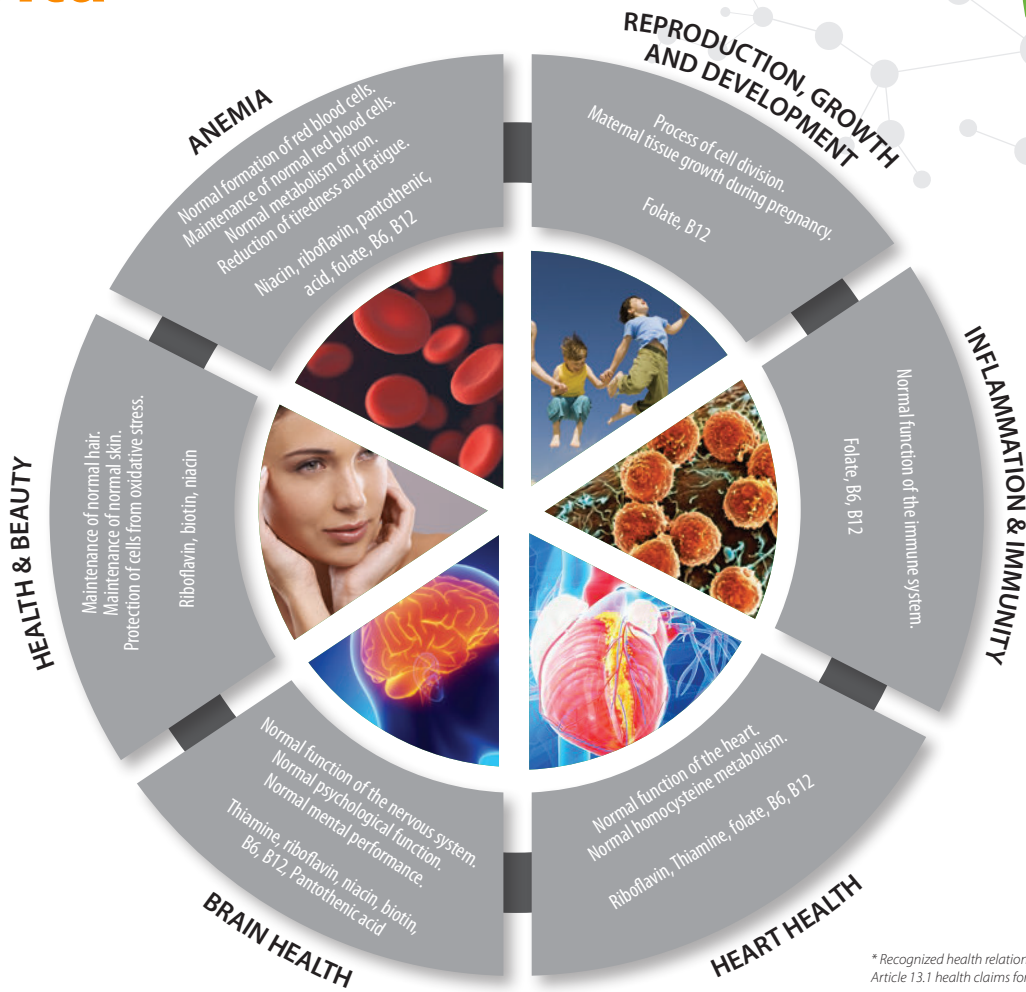
<b>Bio-Engevita®</b>	Primary grown inactive nutritional yeast. Certified EU Organic with USDA Organic equivalence. Suitable for use in 100% Organic applications.
<b>Engevita® Vegefit</b>	Yellow colored with a roasted, nutty flavor. Rich in all B-complex vitamins including B12, and also zinc and vitamin D.
<b>Engevita® Vegevita / Regime</b>	Yellow colored with a roasted, nutty flavor. Rich in all B-complex vitamins including B12, and also zinc.
<b>NEW Engevita® Detox</b>	Unique flakes abundant in choline, selenium, glutathione and beta-glucans. Provides antioxidants and supports immunity and liver function.
<b>Engevita® HiPRO</b>	Contains ≥ 55% non-animal protein, and all essential and branched chain amino acids.
<b>Engevita® GSH</b>	Has nutty roasted flavor notes and contains 2.5-3.0% glutathione, a powerful antioxidant.
<b>Engevita® Gold</b>	Rich in B-complex vitamins, with a nutty, roasted flavor. High in riboflavin (vitamin B2), which provides a vibrant golden color.
<b>Engevita® Toasted</b>	Mild toasted and savory flavor. Perfect for direct consumption or to sprinkle on food.
<b>Engevita® Bland</b>	Mild bread-like, nutty, cheesy flavor.

## — APPLICATIONS —

- Consume directly
- Sprinkle on popcorn, snacks
- Use in baked goods
- Top salads, soups, stews
- Supplement smoothies



## VITAMIN B IMPORTANCE TO HEALTH\*



\* Recognized health relationships based on EFSA authorized Article 13.1 health claims for these vitamins.

Glutathione	Vitamin D2	Zinc	Choline
1 Neutralizes free radicals & recycles other antioxidants	1 Contributes to normal absorption/ utilization of calcium and phosphorus and maintenance of normal blood calcium levels	1 Supports the immune system; reduces the duration and severity of the common cold in healthy people	1 Contributes to normal lipid metabolism and cholesterol transport
2 Helps rid the body of toxins, pollutants, heavy metals and other harmful impurities	2 Helps with maintenance of normal bones and teeth	2 Supports skin and wound healing, and production of keratin and collagen for healthy skin, nails, and hair	2 Supports normal homocysteine levels (a high level of homocysteine is a risk factor for cardiovascular disease and stroke)
3 Regulates the immune response, synthesis/repair of DNA, enzymes and proteins	3 Supports the normal function of the immune system and health	3 Supports cognitive performance in adults	3 Maintains normal liver function and prevents liver damage
4 Assists in gene expression, DNA and protein synthesis and cell proliferation and regeneration	4 Assists with maintenance of normal muscle function	4 Improves fertility – by boosting sperm quality and quantity	4 May support cognitive and neurological functions