



YEAST FLAKES - NUTRITIONAL

Botanical Name: Nutritional Yeast (Red Star)

Common Name: Nutritional yeast

Medicinal part: Yeast flakes

Description: Nutritional yeast is a deactivated yeast, often a strain of *Saccharomyces cerevisiae*, which is sold commercially as a food product. It is sold in the form of flakes or as a yellow powder and can be found in the bulk aisle of most natural food stores. It is popular with vegans and vegetarians and may be used as an ingredient in recipes or as a condiment.



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