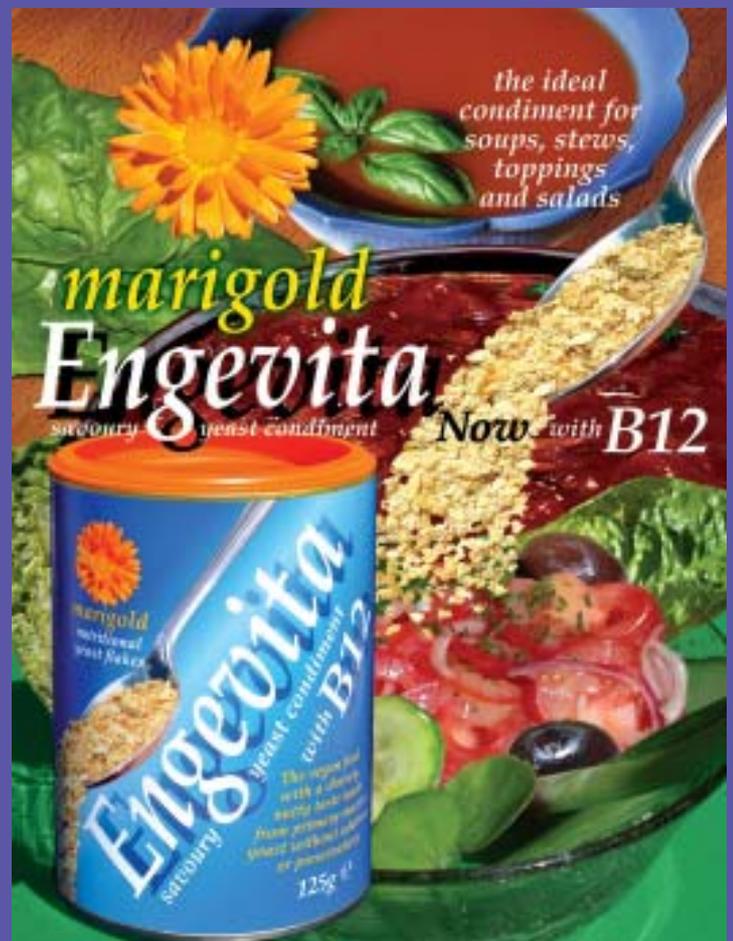




INTRODUCING...

The new "blue" savoury yeast condiment from Marigold Health Foods

Great news for vegans and vegetarians!
Finding it hard to get enough
Vitamin B12 and Zinc in your diet?



Marigold Health Foods proudly announces the successful development of a new method of producing Engevita Savoury Yeast Condiment, now with Vitamin B12 and Zinc.

Read what naturopath, acupuncturist and medical herbalist, Dr Elyane Brightlight, has to say about the latest version of this purely natural food:



I was already a fan of the 'old' Engevita yeast but the new one really ticks all the boxes.

The addition of B12 is a boon for vegetarians as B12 is *the* supplement that is most lacking in vegetarian and vegan diets.

B12 deficiency causes a host of health issues including immune system and neurological problems, therefore this is a very welcome natural supplement that is in fact a food.

The new formula also contains zinc which is also a supplement lacking in most modern diets, vegetarian or not.

Of course this formula is still the best provider of B complex and an excellent source of additional protein.

All the above would be wasted if it were not for the delicious taste. The fact that the new Engevita is actually really delicious makes it easy to use and therefore easy to keep up with all the above supplements.

(I remember when one used to have to hide yeast in fruit juices and then pluck one's nose when drinking it and shiver!)

This new yeast is delicious on toasts, crackers, in yoghurt, added to soups or stews or stir fries (*after* the actual cooking, don't cook it or you will kill it) and you can also put it in smoothies and in muscle enhancement shakes for muscle building and endurance work.

A really pleasant and flavoursome way to make this particular food be your medicine.

