



Protocols & Products for a Healthy Life

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Saccharomyces boulardii

TYPICAL NUTRITIONAL INFORMATION

Typical nutritional information provides details on the calorific values (joules/calories), and the amounts of protein, carbohydrates, fat in 100 g of Saccharomyces boulardii.

Nutritional Value Per 100 g	
Amount	
Energetic value	1315 kJ/317 kcal
Proteins	36.8 g
Total carbohydrates	2.5 g
Fats	9.1 g
Saturated fatty acids	2.08 g
Monounsaturated fatty acids	6.59 g
Polyunsaturated fatty acids	< 0.05 g
Sodium as Na	46.3 g
Dietary fiber	38.8 g