



STAY HEALTHY  BE NATURAL

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INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

## Marmite

Marmite is rich in B vitamins including Thiamin (B1), Riboflavin (B2), Niacin (B3), Folic acid (B9) and vitamin B12. The sodium content of the spread is high, although it is the quantity per serving rather than the percentage of bulk Marmite that is relevant.

The main ingredient in Marmite is yeast extract, which contains a high concentration of glutamic acid. Marmite is not gluten-free, as it is made from wheat, and although it is thoroughly washed, it may contain small amounts of gluten.

Marmite should be avoided if a person takes an antidepressant, such as phenelzine (Nardil) or Tranylcypromine (Parnate), as yeast extracts interact negatively with these types of medications due to their tyramine content.

The taste of Marmite is not appreciated by everyone, especially for those who have not been used to consuming it since childhood. Typically, this cream is used on top of buttered slices of toast - to lighten its intense flavor, it is used as a breakfast and even as an afternoon snack, it can also be used as an energy hot drink mixed in a cup of boiled water.

However, there are those who combine it with many other foods: pizza, cheeses, avocados, chicken and jams are just some of the possible combinations. In addition, Marmite can be used as a condiment for soups and pasta dishes. In short, although it seems impossible to the uninitiated to consume it in all these ways, behind a simple jar of spreadable cream there is a real world!