

What's your favourite fungus?

## The One That Makes Marmite

Marmite is made from brewer's yeast (scientific name *Saccharomyces cerevisiae*); which, after the beer has been made, is a major waste product of the brewing industry. The brewer's yeast is composed of lots of small fungal cells. In the nineteenth century, a German scientist called Leibig discovered that these yeast cells could be concentrated and turned into a nutritious food. To make Marmite the brewer's yeast is broken down to release soluble vitamins and amino acids. This soluble material is then concentrated and filtered, and more vitamins and flavourings are added to finally produce Marmite.

The original Marmite Company was set up in Burton-upon-Trent in 1902 and very soon after that Marmite first went on sale.

Marmite has very good nutritional value because there is a high level of vitamin B in the final product. Vitamin B helps prevent anaemia, helps regulate the liver, kidneys and nervous system and also increases energy levels. So having marmite on your toast for breakfast is a nutritious way to start the day. Bovril, too. Bovril used to be made from beef extract, but in November 2004 the manufacturers announced that the composition of Bovril was being changed from Beef extract to yeast extract. IT'S ALL GOOD FUNGUS!

**LOVE IT OR HATE IT?**



Either way it's good for you...