

B-Complex Plus

With Metafolin® L-5-MTHF; broad-spectrum B vitamin support[‡]

INDICATIONS

- Ages 18 and up
- Support for healthy nutrient metabolism and cardiovascular, neurological and cognitive function[‡]

BENEFITS

- With Metafolin® L-5-MTHF, the predominant, naturally occurring form of folate
- L-5-MTHF is directly usable by the body because it does not require activation by DHFR (dihydrofolate reductase) and MTHFR (methylene tetrahydrofolate reductase), bypassing these enzymatic steps. L-5-MTHF provides all of the benefits of folic acid, regardless of genetic variations in MTHFR, which affect more than half of the US population.
- Riboflavin enhances MTHFR activity and methylation competence in individuals homozygous for the MTHFR 677T allele[‡]
- Riboflavin supports vascular function in MTHFR TT carriers.[‡]
- Supports cellular energy production and nutrient metabolism[‡]
- Promotes healthy methylation, a process that maintains healthy gene expression, neurotransmitter production and homocysteine metabolism. Methylation plays important roles in cardiovascular health, neurocognitive health and emotional wellness[‡]
- Supports cardiovascular, neurological and psychological health[‡]
- Promotes cognitive function and positive mood[‡]
- Helps address mild memory problems associated with normal age-related cognitive decline[‡]

FEATURES

- A comprehensive blend of B vitamins in one, easy-to-take supplement
- Methylated vitamin B₁₂
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

B vitamins play important roles in nearly all of the physiological systems in the body. This balanced combination of functionally interrelated B vitamins provides wide ranging benefits, including methylation, nerve support and cellular energy production. ^{1-3‡}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Vitamin B₁ (thiamin HCl): synthetic
- Vitamin B₂ (riboflavin): corn dextrose fermentation
- Niacinamide and Inositol hexaniacinate: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (methylcobalamin): corn dextrose fermentation
- Folate (Metafolin®, L-5-MTHF): synthetic
- Biotin: synthetic
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil

NOTES

Size 1 capsule

Bottle count 60, 120

Order code BCP6, BCP1

Bottle size 120 cc, 190 cc

REFERENCES

1. Cohick PL, et al. *Eur J of Clin Nutr.* 2011;65, 423-4.
2. Schnyder G, et al. *JAMA.* 2002 Aug 28;288(8):973-9.
3. Douaud G, et al. *Proc Natl Acad Sci U S A.* 2013 Jun 4;110(23):9523- 8

[‡]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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B-Complex Plus

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SUPPLEMENT FACTS

1 capsule, 1-2 times daily, with meals.

Each (size 1) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B ₁)	100 mg
Riboflavin (as vitamin B ₂ and 60% riboflavin 5' phosphate (activated B ₂))	12.7 mg
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	16.7 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	400 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



B-Complex Plus	Quantity	Order Code
	120	BCP1
	60	BCP6

†Visit [PureEncapsulations.com](https://www.PureEncapsulations.com) for more information about our GMO policy.

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