

# 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

- Supports cellular energy production and nutrient metabolism†
- Promotes healthy methylation†
- Supports cardiovascular, neurological and psychological health†
- Promotes cognitive function and positive mood†

## FEATURES

- A comprehensive blend of B vitamins in one, easy-to-take supplement
- With Metafolin® L-5-MTHF, the predominant, naturally occurring form of folate
- Methylated vitamin B<sub>12</sub>
- 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.<sup>1-3†</sup>

## SUGGESTED USE

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

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Vitamin B<sub>1</sub> (thiamin HCl): synthetic
- Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation
- Niacinamide and Inositol hexaniacinate: synthetic
- Vitamin B<sub>5</sub> (calcium pantothenate): synthetic
- Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic
- Vitamin B<sub>12</sub> (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 caps

Bottle count 60, 120

Order codes 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.

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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 <sub>1</sub> )  | 100 mg                         |
| Riboflavin (as vitamin B <sub>2</sub> and 60% riboflavin 5' phosphate (activated B <sub>2</sub> ))    | 12.7 mg                        |
| Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))                               | 108 mg                         |
| Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> )) | 16.7 mg                        |
| Folate (as Metafolin®, L-5-MTHF)  | 667 mcg DFE (400 mcg L-5-MTHF) |
| Vitamin B <sub>12</sub> (as methylcobalamin)  | 400 mcg                        |
| Biotin  | 400 mcg                        |
| Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )  | 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 [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com) for more information about our GMO policy.

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

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