



B-Complex Plus

What Is It?

B-Complex Plus is an exceptional combination of B vitamins, including vitamins B₁, B₂, B₃, B₅, B₆, B₁₂, biotin, and folic acid, all of which are provided in their optimal bioavailable and functional forms.*

Features Include

- Vitamin B₆ (pyridoxine HCl and pyridoxal 5' phosphate), supporting amino acid metabolism, nervous system health, and neurotransmitter (i.e. GABA and serotonin) synthesis, which studies have reported may help promote menstrual comfort. Furthermore, pyridoxine supports healthy red blood cells by participating in hemoglobin synthesis and some studies indicate it supports wrist nerve comfort.*
- Vitamin B₁ (thiamine HCl), processing carbohydrates, fat, and protein via its coenzyme form of thiamine pyrophosphate (TPP). Vitamin B₁ is required to form adenosine triphosphate (ATP), the key source of energy for the body. Thiamine also promotes neural health.*
- Vitamin B₂ (riboflavin and riboflavin 5' phosphate), metabolizing nutrients and participating in electron transport to form ATP. Riboflavin is an integral part of fatty acid catabolism or β -oxidation and helps convert folic acid and vitamins B₆ to their active states.*
- Vitamin B₃ (niacinamide and inositol hexaniacinate), supporting cardiovascular health by mediating healthy lipid and carbohydrate metabolism.*
- Vitamin B₅ (calcium pantothenate), supporting cardiovascular health. Pantothenic acid is vital in the healthy production, transportation, and breakdown of lipids. Furthermore, this B vitamin promotes the production of the neurotransmitter acetylcholine.*

- Vitamin B₁₂ (methylcobalamin), supporting healthy nerve cell activity and DNA replication. Vitamin B₁₂ is a vital component of the methionine synthase pathway, which along with folic acid and vitamin B₆ supports healthy homocysteine metabolism and S-adenosylmethionine (SAME) production.*
- Folic acid, promoting the production of healthy DNA and chromosomes. In particular, this B vitamin is critical for the proper neural and cellular development of the fetal central nervous system, helping to prevent neural tube defects. In conjunction with vitamins B₁₂ and B₆, folic acid helps to support healthy homocysteine metabolism. Additionally, this B vitamin is important for the growth and reproduction of red and white blood cells.*†
- Biotin, acting as a coenzyme for the metabolism of fat, carbohydrates and protein.*

Uses For B-Complex Plus

These B vitamins play important roles in nearly all of the physiological systems in the body. Some of the key supportive roles include the maintenance of muscle tone in the GI tract, the functioning of the nervous system, and the integrity of skin, hair, and the liver. Furthermore, these compounds are essential for healthy fetal neural development, hemoglobin formation, nerve impulse transmissions, mood, hormone synthesis, and energy metabolism.*†

(continued)

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

For educational purposes only. Consult your physician for any health problems.

†Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Folate intake should not exceed 250% of the DV (1,000 mcg).

What Is The Source?

Pure Encapsulations B-Complex Plus formula contains:

- Vitamin B₁ (thiamine 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
- Folic acid: synthetic
- Biotin: synthetic

Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Folic acid may adversely interact with chemotherapeutic drugs.

B-Complex Plus

each vegetable capsule contains



thiamine HCl (B ₁)	100 mg.
riboflavin (B ₂)	5 mg.
riboflavin 5' phosphate (activated B ₂)	10 mg.
niacinamide	100 mg.
inositol hexaniacinate (no-flush niacin)	10 mg.
pyridoxine HCl (B ₆)	10 mg.
pyridoxal 5' phosphate (activated B ₆)	10 mg.
pantothenic acid (calcium pantothenate) (B ₅)	100 mg.
methylcobalamin (B ₁₂)	400 mcg.
folic acid	400 mcg.**
biotin	400 mcg.
vitamin C (as ascorbyl palmitate)	16 mg.

**2 capsules provide the recommended dose for pregnant or lactating women.

1-2 capsules per day, in divided doses, with meals.