

# B-Complex Plus Comparison\*



Good starts with nutritional supplements you can trust. At Pure Encapsulations®, we are committed to creating nutritional supplements you can depend on. Every supplement is designed with integrity, formulated with the highest quality, pure ingredients, and backed by verifiable science.

B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. They also play an important role in the conversion of homocysteine to methionine in the synthesis of S-adenosyl-methionine, an important methyl donor used in methylation reactions. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, DNA synthesis, hormone and neurotransmitter production, and energy metabolism. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health.†

|  | LEADING BRAND   | PURE ENCAPSULATIONS® B-COMPLEX PLUS  |
|--|---|--|
| <b>Delivery form</b>   | Caplet (coated tablet)  | Capsule  |
| <b>Coating</b>   | Yes (Palm Leaf Glaze)   | No   |
| <b>Magnesium Stearate</b>  | Yes   | No   |
| <b>Excipients</b>  | Vegetable cellulose, dicalcium phosphate, stearic acid, natural palm leaf glaze, silica, magnesium stearate | Vegetable cellulose, water, ascorbyl palmitate   |
| <b>B-VITAMIN DISTINCTIONS</b>  |   |  |
| <b>Standard forms</b><br>These are forms most often used in research studies, but require conversion in the body to be active. | Yes   | Yes  |
| <b>Activated and methylated forms</b><br>These are forms the body utilizes directly, without conversion.                       | No  | Yes  |
| <b>Potency</b>   | Typically 100% daily value  | Typically > 100% daily value (clinically researched levels)  |
| <b>KEY NUTRIENT DISTINCTIONS</b>   |   |  |
| <b>Vitamin B<sub>6</sub></b>   | 5 mg as pyridoxine HCl  | 16.7 mg as pyridoxine HCl and 6.7 mg pyridoxal 5'phosphate (activated form)  |
| <b>Folate</b>  | 400 mcg as folic acid   | 667 mcg DFE (400 mcg as L-5-MTHF [methyltetrahydrofolate]) (universally metabolized form of folate found naturally in foods) |
| <b>Vitamin B<sub>12</sub></b>  | 250 mcg as cyanocobalamin (synthetic form, found in the body only in trace amounts)                         | 400 mcg as methylcobalamin (bioidentical form naturally occurring in the body)   |

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\*Capsule color not reflective of actual product.

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