

B-Complex Plus Comparison



Not all supplements
are created equally.

pure
encapsulations®

At Pure Encapsulations®, we've spent over 30 years researching, innovating and developing our comprehensive line of premium supplements. Each one of our products are formulated using **pure ingredients, backed by science** and **FREE FROM** unnecessary additives and many common allergens.

B-Complex Plus, one of our bestselling formulas, is a comprehensive combination of bioavailable B vitamins that provide wide-ranging benefits, including **cellular function, nerve and energy metabolism support**. Optimal levels of B vitamins have been associated with **cellular, cardiovascular, neurological and psychological health.**[‡]

A dynamic splash of water in shades of blue, moving from the bottom right towards the top left, framing the central text and seal.A dark blue circular seal with a white border, containing white text. It is positioned on the right side of the advertisement, overlapping the water splash graphic.

**#1 MOST
RECOMMENDED**
professional supplement
brand by healthcare
professionals¹

See for
yourself!

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands, Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023.

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

	LEADING BRAND	B-COMPLEX PLUS
Delivery Form	Caplet (coated tablet)	Capsule
Coating	Yes (Natural Palm Leaf Glaze)	No
Magnesium Stearate	Yes	No
Excipients	Vegetable cellulose, dicalcium phosphate, vegetable stearic acid, natural palm leaf glaze, silica, vegetable magnesium stearate	Vegetable cellulose, water, ascorbyl palmitate
B-VITAMIN DISTINCTIONS		
Standard forms These are forms most often used in research studies, but require conversion in the body to be active.	Yes	Yes
Activated & methylated forms These are forms the body utilizes directly, without conversion.	No	Yes
Potency	Typically 100% daily value	Typically > 100% daily value (clinically researched levels)
KEY NUTRIENT DISTINCTIONS		
Vitamin B₆	5 mg as pyridoxine HCl	16.7 mg as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated form)
Folate	400 mcg as folic acid	667 mcg DFE (400 mcg as Metafolin®, L-5-MTHF) (universally metabolized form of folate found naturally in foods)
Vitamin B₁₂	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)

To learn more about **B-Complex Plus** visit PureEncapsulationsPro.com/B-Complex

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

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician with any health problems.

Ask your healthcare
professional about Pure
Encapsulations today!



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