

B₆ Complex

With Metafolin[®] L-5-MTHF; broad-spectrum B vitamin support with enhanced vitamin B₆[‡]

INDICATIONS

- Ages 18 and up
- Nervous system support[‡]
- Energy metabolism and physiological support[‡]
- Cognitive support[‡]

BENEFITS

- Supports proper functioning of the nervous system and healthy cognitive function[‡]
- Promotes healthy neurological function[‡]
- Includes choline and inositol to support healthy methylation and cognitive function[‡]
- Provides support for cellular, cardiovascular, and psychological health[‡]

FEATURES

- Offers a comprehensive blend of B vitamins with enhanced levels of vitamin B₆ packed into one, easy-to-take supplement
- Includes researched and activated pyridoxal-5-phosphate, riboflavin-5-phosphate and folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate
- Offers vitamin B₁₂ in a unique blend of adenosylcobalamin and hydroxycobalamin
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

B vitamins play an important role in nearly all of the physiological systems in the body. Some of the key supportive roles include the functioning of the nervous system¹ and support for tissue integrity^{2,3}. Furthermore, these compounds are essential for hemoglobin formation,⁴ nerve impulse transmissions,¹ mood,⁵ hormone synthesis and energy metabolism. With enhanced B₆, this formula promotes healthy cardiovascular,⁶ nerve and metabolic functions.^{7‡}

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal.

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 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 (Metafolin[®], L-5-MTHF): synthetic
- Biotin: synthetic
- Vitamin C (ascorbyl palmitate): corn dextrose fermentation and palm oil

NOTES

Size 00 capsules

Bottle count 60/120

Order codes B6C26/B6C21

Bottle size 190 cc/290 cc

REFERENCES

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3. Brescoll J, Daveluy S. *Am J Clin Dermatol*. 2015 Feb;16(1):27-33. .
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5. Doll H, et al. *J R Coll Gen Pract*. 1989 Sep;39(326):364-8.
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7. Maebashi M, et al. *J Clin Biochem Nutr*. 1993. 14(3); 211-218.

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SUPPLEMENT FACTS

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B ₁)	100 mg
Riboflavin (as vitamin B ₂ and 67% riboflavin 5' phosphate (activated B ₂))	15 mg
Niacin (as niacinamide and 9% inositol hexaniacinate (no-flush niacin))	110 mg
Vitamin B ₆ (as pyridoxine HCl and 5% pyridoxal 5' phosphate (activated B ₆))	200 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1,000 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Choline (as choline bitartrate)	12 mg
Inositol	25 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

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



B ₆ Complex	Quantity	Order Code
	120	B6C21
	60	B6C26

Visit 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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