

PureGenomics® B-Complex

Introduced 2017



What Is It?

PureGenomics® B-Complex is designed to address the nutrient requirements of common genetic variations in the methylation pathway with a unique blend of B vitamins in highly researched and activated forms.*

Special Features:

- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamin derivative benfotiamine, and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B₁₂ in unique blend of adenosylcobalamin and hydroxycobalamin
- Made with hypoallergenic, vegan ingredients

Uses for PureGenomics® B-Complex

Daily Wellness: 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. B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. Folate is offered in this formula as Metafolin® 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene. Vitamin B₁₂ is offered as a combination of hydroxycobalamin and adenosylcobalamin. Hydroxycobalamin is a precursor form of vitamin B₁₂ converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism and healthy synthesis of neuronal myelin. Benfotiamine is a lipid-soluble, enhanced-retention thiamin derivative.*

What Is The Source?

Vitamin B₁ (thiamin HCl and benfotiamine), niacinamide, niacin, vitamin B₅ (calcium pantothenate), vitamin B₆ (pyridoxal HCl), folic acid (Metafolin® L-5-MTHF), biotin and choline are synthetic. Vitamin B₂ (riboflavin) and vitamin B₁₂ (hydroxycobalamin and adenosylcobalamin) are derived from corn dextrose fermentation. Ascorbyl palmitate is produced from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations® recommends 1 capsule daily, with a meal, or as directed by a health professional.

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?

Folate may adversely interact with chemotherapeutic drugs. Consult your physician for more information.

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PureGenomics® B-Complex

each vegetarian capsule contains    v O

thiamin (as thiamin HCl) (B₁) 25 mg
 riboflavin (as vitamin B₂ and 67% riboflavin 5' phosphate 15 mg
 (activated B₂)
 niacin (as niacinamide).....50 mg
 vitamin B₆ (as pyridoxine HCl and 20% pyridoxal 5'50 mg
 phosphate (activated B₆)
 folate (as Metafolin® L-5-MTHF 800 mcg).....1,333 mcg DFE
 vitamin B₁₂ (as adenosylcobalamin and800 mcg
 50% hydroxycobalamin)
 biotin.....400 mcg
 pantothenic acid (as calcium pantothenate) (B₅)..... 100 mg
 choline (as choline bitartrate)..... 40 mg
 inositol 25 mg
 BenfoPure® benfotiamine.....3 mg
 other ingredients: vegetarian capsule (cellulose, water), hypoallergenic
 plant fiber, ascorbyl palmitate

1 capsule daily, with a meal, or as directed by a health professional.

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

*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.