

B-Complex liquid

Supports energy metabolism and a healthy nervous system[†]

INDICATIONS

- Ages 18 and up
- Nervous system and energy metabolism support[†]

BENEFITS

- Supports the proper functioning of the nervous system[†]
- Promotes the conversion of carbohydrates into energy[†]
- Supports the integrity of the skin, hair and liver[†]

FEATURES

- B-Complex liquid combines B₁, B₂, B₃, B₅, B₆ and B₁₂
- Great-tasting liquid form, free of artificial flavors and sweeteners
- Convenient liquid formula for easy dispensing
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

As a complex, the B vitamin group is essential for the proper functioning of the nervous system and are perhaps the most important nutritional factor for healthy nerve cells.^{1,2,3} The B vitamins also play a role in the conversion of carbohydrates into energy and in the metabolism of fats and protein.⁴ The B vitamins support the integrity of the skin, hair and liver.^{5,6} This balanced combination of functionally interrelated B vitamins provides wide-ranging benefits, yet is specifically supportive of the nervous system.[†]

SUGGESTED USE

As a dietary supplement, take 1 teaspoon (5 ml) 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 (thiamin HCl): synthetic
- Vitamin B₂ (riboflavin 5' phosphate): corn dextrose fermentation
- Niacinamide: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (methylcobalamin): corn dextrose fermentation
- Glycerin is derived from coconut, palm and palm kernel oil
- Citric acid is derived from corn dextrose fermentation

NOTES

Serving Size 5 ml (0.17 fl oz) (1 teaspoon)

Servings per container 28

Bottle quantity 140 ml (4.73 fl oz)

Order code BCL1

Bottle size 150 ml

REFERENCES

1. Douaud G, et al. *Proc Natl Acad Sci U S A*. 2013 Jun 4;110(23):9523-8.
2. van Asselt DZ, et al. *J Gerontol A Biol Sci Med Sci*. 2001 Dec;56(12):M775-9.
3. Loria-Kohen V, et al. *Nutr Hosp*. 2013 May-Jun;28(3):807-15.
4. Smulders YM, et al. *Br J Haematol*. 2006 Mar;132(5):623-9.
5. Chen AC, et al. *N Engl J Med*. 2015 Oct 22;373(17):1618-26.
6. Isoda K, et al. *Biol Pharm Bull*. 2008 Feb;31(2):309-11.

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SUPPLEMENT FACTS

1 teaspoon (5 ml) daily, with a meal. Shake well before use.

Serving size: 5 ml (0.17 fl oz) (1 teaspoon)

Servings per container: 28

5 ml (0.17 fl oz) (1 teaspoon) contain:

Thiamin (as thiamin HCl) (B ₁)	3.5 mg
Riboflavin (as riboflavin 5' phosphate) (activated B ₂)	3 mg
Niacin (formulated with niacinamide)	10 mg
Vitamin B ₆ (as pyridoxine HCl)	4 mg
Vitamin B ₁₂ (formulated with methylcobalamin)	500 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg

Other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, strawberry juice concentrate, natural lemonade and orange flavors, citric acid, xanthan gum, potassium sorbate, purified stevia leaf extract



B-Complex liquid	Quantity	Order Code
	140 ml (4.73 fl oz)	BCL1

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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