

STORE IN A COOL, DRY PLACE.

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

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

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

Keep out of the reach of children.



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our hypoallergenic
supplements



Use only if safety
seal is intact.

Contents may not fill
package in order to
accommodate required
labeling. Please rely on
stated quantity.

Certified Gluten-Free
by the Gluten-Free
Certification Organization,
www.gluten.org

pure
encapsulations®

B₆ Complex

*With Metafolin® L-5-MTHF;
Broad-spectrum B vitamin support
with enhanced vitamin B₆†*

**Gluten-free, Non-GMO
& Hypoallergenic**

Dietary Supplement

120 CAPSULES



Supplement Facts

Serving size 1 capsule
Servings per container 120

	Amount Per Serving	%DV
Thiamin (as thiamin HCl) (B ₁)	100 mg	8,333%
Riboflavin (as vitamin B ₂ and 67% riboflavin 5' phosphate (activated B ₂))	15 mg	1,154%
Niacin (as niacinamide and 9% inositol hexaniacinat (no-flush niacin))	110 mg	688%
Vitamin B ₆ (as pyridoxine HCl and 5% pyridoxal 5' phosphate (activated B ₆))	200 mg	11,765%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1,000 mcg	41,667%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg	2,000%
Choline (as choline bitartrate)	12 mg	2%
Inositol	25 mg	*

*Daily value (DV) not established

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

Natural color variations can occur. Product can range from light yellow to
bright yellow.

**†This statement has not been evaluated by the Food and
Drug Administration. This product is not intended to
diagnose, treat, cure, or prevent any disease.**

manufactured by: **Pure Encapsulations**

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code: **B6C21**

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