

**STORE IN A COOL, DRY PLACE.
SHAKE WELL BEFORE USE.**

Recommendations: As a dietary supplement, take 1 teaspoon (5 ml) 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.

Keep out of the reach of children.



Scan to learn about
our hypoallergenic
supplements

Use only if safety seal
is intact.

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



pure
encapsulations[®]

B-Complex liquid

*Supports energy metabolism
and a healthy nervous system**

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

140 ml (4.73 fl oz)

Supplement Facts

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

Servings per container 28

	Amount Per Serving	%DV
Thiamin (as thiamin HCl) (B ₁)	3.5 mg	292%
Riboflavin (as riboflavin 5' phosphate) (activated B ₂)	3 mg	231%
Niacin (formulated with niacinamide)	10 mg	63%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	235%
Vitamin B ₁₂ (formulated with methylcobalamin)	500 mcg	20,833%
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg	200%

% Daily value (DV)

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

***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 in Canada for: **Pure Encapsulations**
490 Boston Post Road, Sudbury, MA
1-800-753-2277 www.PureEncapsulations.com

v8
code: **BCL1**