

STORE IN A COOL, DRY PLACE

Recommendations: As a dietary supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

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 fill
package in order to
accommodate required
labeling. Please rely on
stated quantity.

Certified Gluten-Free
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Certification Organization,
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pure
encapsulations®

PureGenomics® B-Complex

*Broad-spectrum B vitamin support
for common genetic variations†*

Gluten-free, Non-GMO
& Hypoallergenic

Dietary Supplement

120 CAPSULES



Supplement Facts

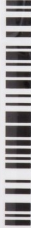
Serving size 1 capsule Servings per container 120	Amount Per Serving	%DV
Thiamin (as thiamin HCl) (B ₁)	25 mg	2,083%
Riboflavin (as vitamin B ₂ and 67% riboflavin 5' phosphate (activated B ₂))	15 mg	1,154%
Niacin (as niacinamide)	50 mg	313%
Vitamin B ₆ (as pyridoxine HCl and 20% pyridoxal 5' phosphate (activated B ₆))	50 mg	2,941%
Folate (as Metafolin® L-5-MTHF 800 mcg)	1,333 mcg DFE	333%
Vitamin B ₁₂ (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg	33,333%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg	2,000%
Choline (as choline bitartrate)	40 mg	7%
Inositol	25 mg	*
BenfoPure® benfotiamine	3 mg	*
* Daily value (DV) not established		

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

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

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

†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: PGB1