

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.

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Keep out of the reach of children.



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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

60 CAPSULES

Supplement Facts

Serving size 1 capsule
Servings per container 60

	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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