

**STORE IN A COOL, DRY PLACE.**

**Recommendations:** As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

**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.**

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



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](http://www.gluten.org)

Scan to learn about our hypoallergenic supplements



**pure**  
**encapsulations**®

## Ultra B-Complex w/PQQ

*With Metafolin® L-5-MTHF;  
Enhanced B-complex support for  
mitochondrial and nerve health†*

**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)	125 mg	10,417%
Riboflavin (vitamin B <sub>2</sub> and 60% riboflavin 5' phosphate (activated B <sub>2</sub> ))	12.7 mg	977%
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg	675%
Vitamin B <sub>6</sub> (as pyridoxine HCl and 7% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	96.7 mg	5,688%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B <sub>12</sub> (as methylcobalamin)	1,000 mcg	41,667%
Biotin	400 mcg	1,333%
Panthenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg	2,000%
Alpha lipoic acid (thioctic acid)	100 mg	*
Luteolin	20 mg	*
BioPQQ® pyrroloquinoline quinone disodium salt	10 mg	*

\* Daily value (DV) not established

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



BioPQQ® is a trademark of MGC (Japan)

**†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**  
490 Boston Post Road, Sudbury, MA

1-800-753-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com)

v6

code: **BPO6**