

**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.**



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 by the Gluten-Free Certification Organization, [www.gluten.org](http://www.gluten.org)

**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.**



**pure**  
**encapsulations**<sup>®</sup>

# B-Complex Plus

*With Metafolin<sup>®</sup> L-5-MTHF;  
Broad-spectrum B vitamin support<sup>†</sup>*

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

## Supplement Facts

Serving size 1 capsule  
Servings per container 30

	Amount Per Serving	%DV
Thiamin (as thiamin HCl) (B <sub>1</sub> )	100 mg	8,333%
Riboflavin (as 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 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	16.7 mg	982%
Folate (as Metafolin <sup>®</sup> , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B <sub>12</sub> (as methylcobalamin)	400 mcg	16,667%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg	2,000%
% Daily value (DV)		

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate. Natural color variations can occur. Product can range from light yellow to bright yellow.

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

manufactured by: **Pure Encapsulations**  
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1-800-753-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com)

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