

# B-COMPLEX PLUS

BALANCED B VITAMIN FORMULA  
WITH ACTIVE FOLATE

## Description

B-Complex Plus offers a comprehensive blend of B vitamins packed into one easy-to-take supplement. Includes active forms of B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate and folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate. Vitamins B1, B3, and B6 contribute to normal functioning of the nervous system. Folate, vitamin B5 and B12 contribute to the reduction of tiredness and fatigue.

## Health Benefits and Product Features

- ✓ Comprehensive blend of B vitamins
- ✓ Convenient once-daily capsule
- ✓ Provides active forms of B vitamins
- ✓ Features folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate
- ✓ Vitamins B1, B2, B3, B5 and B6 contribute to normal energy-yielding metabolism
- ✓ Vitamins B1, B3, and B6 contribute to normal functioning of the nervous system
- ✓ Folate, vitamin B5 and B12 contribute to the reduction of tiredness and fatigue

## Free From

All Pure Encapsulations® products are free-from: Wheat and gluten, Egg, Peanuts, Trans fats and hydrogenated oils, GMOs, Magnesium stearate, Titanium dioxide, Carrageenan, Coatings and shellacs, Artificial colors, flavors and sweeteners, Unnecessary binders, fillers and preservatives.



Vegetarian



Vegan



Gluten Free



Soy Free



Dairy Free



## Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin B1 (as thiamin HCl)	100 mg	9090%
Vitamin B2 (as 60% riboflavin 5'-phosphate [activated B2] and riboflavin)	13 mg	929%
Niacin (as niacinamide and 8% inositol hexanicotinate [no-flush niacin])	108 mg	675%
Pantothenic acid (as calcium pantothenate)	100 mg	1667%
Vitamin B6 (as pyridoxine HCl and 40% pyridoxal 5'-phosphate [activated B6])	17 mg	1214%
Folate (as calcium-L-methylfolate, L-5-MTHF)	400 µg	200%
Vitamin B12 (as methylcobalamin)	400 µg	16000%
Biotin (as d-biotin)	400 µg	200%

\*Nutrient Reference Value

## Directions For Use

As a food supplement, take 1 capsule, 1-4 times daily, with meals, or as directed by your healthcare professional.

## Ingredients

Thiamine HCl, calcium pantothenate, niacinamide, ascorbyl palmitate, pyridoxine HCl, riboflavin 5 phosphate, inositol hexanicotinate, pyridoxal 5'-phosphate, riboflavin, calcium-L-methylfolate, methylcobalamin, biotin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Servings per container
BCP6UK	60	1 capsule	60

## Precautions

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Use only if safety seal is intact. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated daily dosage. Keep out of the reach of young children.