

B₆ COMPLEX

WITH ENHANCED B₆ AND ACTIVE B VITAMINS

Description

B₆ Complex provides active B₆ with vitamin B₁₂, folate, other B vitamins and nutrients. Vitamin B₆ is provided as pyridoxine and the activated form pyridoxal-5-phosphate. Vitamin B₁₂ is provided as a combination of adenosylcobalamin and hydroxycobalamin. Featuring folate as L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolised form of folate. Vitamin B₆ contributes to normal functioning of the nervous system. Vitamin B₆ contributes to the regulation of hormonal activity.

Health Benefits and Product Features

- ✓ Features enhanced B₆ and active B vitamins
- ✓ Convenient once-daily capsule
- ✓ Features folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate
- ✓ Vitamin B₆ contributes to the regulation of hormonal activity
- ✓ Vitamin B₆ contributes to normal homocysteine 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

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. Long term intakes of this amount of vitamin B₆ may lead to mild tingling and numbness.



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin B ₁ (as thiamin HCl)	100 mg	9091%
vitamin B ₂ (as riboflavin & 67% 'activated' riboflavin 5' phosphate)	15 mg	1071%
Vitamin B ₃ (as niacinamide and 9% inositol hexaniacinate [no-flush niacin])	110 mg	688%
Vitamin B ₅ (as calcium pantothenate)	100 mg	1667%
Vitamin B ₆ (as pyridoxine HCl and 5% pyridoxal 5' phosphate (activated B ₆))	200 mg	14286%
Folate (as Metafolin®, L-5-MTHF)	400 ug	200%
Vitamin B ₁₂ (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1000 ug	40000%
Biotin	400 ug	800%
Choline bitartrate	30 mg	
Inositol	25 mg	

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by your healthcare professional.

Ingredients

Pyridoxine HCl, thiamin HCl, calcium pantothenate, niacinamide, choline bitartrate, inositol, pyridoxal 5' phosphate, riboflavin 5' phosphate, ascorbyl palmitate, inositol hexaniacinate, riboflavin, calcium-L-methylfolate, methylcobalamin, biotin, adenosylcobalamin, hydroxycobalamin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Servings per container
B6C26UK	60	1 capsule	60