PureGenomics® B-Complex

Broad-spectrum B vitamin support for common genetic variations‡

INDICATIONS

- Ages 18 and up
- Support for common genetic variations‡
- B vitamin and general wellness support‡

BENEFITS

- Addresses the nutrient requirements of common genetic variations in the methylation pathway‡
- Supports cellular health, DNA synthesis, hormone and neurotransmitter production, and energy metabolism‡
- Promotes energy production and nutrient metabolism‡

FEATURES

- Offers vitamin B_{12} in unique blend of adenosylcobalamin and hydroxycobalamin
- Contains Metafolin® L-5-MTHF, the naturally occurring, universally metabolized form of folate
- Part of the PureGenomics® product line
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

PureGenomics® B-Complex is designed to address the nutrient requirements of common genetic variations in the methylation pathway with a unique blend of B vitamins in highly researched and activated forms. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, DNA synthesis, hormone and neurotransmitter production and energy metabolism.[1] Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health.[2,3,4,5] B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism.[6] Folate is offered in this formula as Metafolin® 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene.[7] Vitamin B_{12} is offered as a combination of hydroxycobalamin and adenosylcobalamin. Hydroxycobalamin is a precursor form of vitamin B_{12} converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism and healthy synthesis of neuronal myelin.[8] Benfotiamine is a lipid-soluble, enhanced-retention thiamin derivative.‡

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Vitamin B_1 (thiamin HCl and benfotiamine), niacinamide, niacin, vitamin B_5 (calcium pantothenate), vitamin B_6 (pyridoxal HCl), folic acid (Metafolin® L-5-MTHF), biotin and choline are synthetic
- Vitamin B_2 (riboflavin) and vitamin B_{12} (hydroxycobalamin and adenosylcobalamin) are derived from corn dextrose fermentation
- Ascorbyl palmitate is produced from corn dextrose fermentation and palm oil

NOTES

Size 00 caps

Bottle count 120

Order code PGB1

Bottle size 190 cc

REFERENCES

1. Glier MB, Green TJ, Devlin AM. *Mol Nutr Food Res* 2014 Jan;58(1):172-82.
2. Antoniades C, et al. *Circulation*. 2006 Sep 12;114(11):1193-201.
3. den Heijer M, et al. *Arterioscler Thromb Vasc Biol.* 1998 Mar;18(3):356-61.

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4. Jacobs AM, et al. *Rev Neurol Dis*. 2011;8(1-2):39-47.
5. Almeida OP, et al. *Ann Neurol*. 2010 Oct;68(4):503-10.
6. Huskisson E, Maggini S, Ruf M. *J Int Med Res*. 2007 May-Jun;35(3):277-89.
7. Prinz-Langenohl R, et al. *Br J Pharmacol*. 2009 Dec; 158(8): 2014–2021.
8. Lövblad K, et al. *Pediatr Radiol*. 1997 Feb;27(2):155-8.

SUPPLEMENT FACTS

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B_1)	25 mg
Riboflavin (as vitamin B_2 and 67% riboflavin 5' phosphate (activated B_2))	15 mg
Niacin (as niacinamide)	50 mg
Vitamin B_6 (as pyridoxine HCl and 20% pyridoxal 5' phosphate (activated B_6))	50 mg
Folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
Vitamin B_{12} (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B_5)	100 mg
Choline (as choline bitartrate)	40 mg
Inositol	25 mg
BenfoPure® benfotiamine	3 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate	

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

GF NON GMO V VEG

PureGenomics® B-Complex	Quantity	Order Code
	120	PGB1

Visit PureEncapsulationsPro.com for more information about our GMO policy.