



## B-Complex Plus with Metafolin® L-5-MTHF

Introduced 1992



### What Is It?

B-Complex Plus is an exceptional combination of B vitamins, including vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>, biotin, and folate (as Metafolin® L-5-MTHF), all of which are provided in their optimal bioavailable and functional forms.\*

### Features Include

- Vitamin B<sub>6</sub> (pyridoxine HCl and pyridoxal 5' phosphate), supporting amino acid metabolism, nervous system health, and neurotransmitter (i.e. GABA and serotonin) synthesis, which studies have reported may help promote menstrual comfort. Furthermore, pyridoxine supports healthy red blood cells by participating in hemoglobin synthesis and some studies indicate it supports wrist nerve comfort.\*
- Vitamin B<sub>1</sub> (thiamin HCl), processing carbohydrates, fat, and protein via its coenzyme form of thiamin pyrophosphate (TPP). Vitamin B<sub>1</sub> is required to form adenosine triphosphate (ATP), the key source of energy for the body. Thiamin also promotes neural health.\*
- Vitamin B<sub>2</sub> (riboflavin and riboflavin 5' phosphate), metabolizing nutrients and participating in electron transport to form ATP. Riboflavin is an integral part of fatty acid catabolism or  $\beta$ -oxidation and helps convert folate and vitamins B<sub>6</sub> to their active states.\*
- Vitamin B<sub>3</sub> (niacinamide and inositol hexaniacinate), supporting cardiovascular health by mediating healthy lipid and carbohydrate metabolism.\*
- Vitamin B<sub>5</sub> (calcium pantothenate), supporting cardiovascular health. Pantothenic acid is vital in the healthy production, transportation, and breakdown of lipids. Furthermore, this B vitamin promotes the production of the neurotransmitter acetylcholine.\*
- Vitamin B<sub>12</sub> (methylcobalamin), supporting healthy nerve cell activity and DNA replication. Vitamin B<sub>12</sub> is a vital component of the methionine synthase pathway, which along with folate and vitamin B<sub>6</sub> supports healthy homocysteine metabolism and S-adenosylmethionine (SAME) production.\*

- Folate, promoting the production of healthy DNA and chromosomes. Adequate folate status is critical for nucleic acid synthesis and neurotransmitter synthesis. At the molecular level, the main function of folate is to donate methyl groups in key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. It is provided in this formula as Metafolin®, the naturally occurring universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF is the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folate regardless of functional or genetic variations. In conjunction with vitamins B<sub>12</sub> and B<sub>6</sub>, folate helps to support healthy homocysteine metabolism. Additionally, this B vitamin is important for the growth and reproduction of red and white blood cells.\*
- Biotin, acting as a coenzyme for the metabolism of fat, carbohydrates and protein.\*

### Uses For B-Complex Plus

These B vitamins play important roles in nearly all of the physiological systems in the body. Some of the key supportive roles include the maintenance of muscle tone in the G.I. tract, the functioning of the nervous system, and the integrity of skin, hair, and the liver. Furthermore, these compounds are essential for hemoglobin formation, nerve impulse transmissions, mood, hormone synthesis, and energy metabolism.\*

(continued)

## What Is The Source?

Pure Encapsulations B-Complex Plus formula contains:

Vitamin B<sub>1</sub> (thiamin HCl): synthetic

Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation

Niacinamide and Inositol hexaniacinate: synthetic

Vitamin B<sub>5</sub> (calcium pantothenate): synthetic

Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic

Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation

Folate (Metafolin<sup>®</sup>, L-5-MTHF): synthetic

Biotin: synthetic

Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

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

## Recommendations

Pure Encapsulations recommends 1-2 capsules daily, in divided doses with meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Folate may adversely interact with chemotherapeutic drugs.

## B-Complex Plus

each vegetarian capsule contains  v 1

thiamin (as thiamin HCl) (B <sub>1</sub> )	100 mg
riboflavin (vitamin B <sub>2</sub> )	5 mg
niacin (as niacinamide)	100 mg
vitamin B <sub>6</sub> (as pyridoxine HCL)	10 mg
folate (as Metafolin <sup>®</sup> , L-5-MTHF)	400 mcg
vitamin B <sub>12</sub> (as methylcobalamin)	400 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg
riboflavin 5' phosphate (activated B <sub>2</sub> )	10 mg
pyridoxal 5' phosphate (activated B <sub>6</sub> )	10 mg
inositol hexaniacinate (no-flush niacin)	10 mg
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)	

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