

Pure Encapsulations® B-Complex Products

	B-Complex Plus	PureGenomics® B-Complex	Ultra B-Complex w/PQQ	B ₆ Complex
Product Focus	<ul style="list-style-type: none"> Universally supportive, comprehensive B-complex† 	<ul style="list-style-type: none"> Comprehensive B-complex that addresses common genetic variations† 	<ul style="list-style-type: none"> Comprehensive B-complex targeting mitochondrial and nerve function† 	<ul style="list-style-type: none"> Comprehensive B-complex targeting emotional wellness and nerve comfort†
Key Differentiators	<ul style="list-style-type: none"> Methylated folate (400 mcg) Methylated vitamin B₁₂ (400 mcg) 	<ul style="list-style-type: none"> Highest level of methylated folate (800 mcg) Non-methylated vitamin B₁₂ (800 mcg as adenosyl- and hydroxycobalamin) Choline Enhanced retention thiamine (benfotiamine) 	<ul style="list-style-type: none"> Methylated folate (400 mcg) Methylated vitamin B₁₂ (1000 mcg) BioPQQ® Luteolin Alpha lipoic acid 	<ul style="list-style-type: none"> Methylated folate (400 mcg) Blend of 3 forms of vitamin B₁₂ (1,000 mcg as methyl-, adenosyl- and hydroxycobalamin) Highest level of vitamin B₆ (200 mg) Choline
Functions	<ul style="list-style-type: none"> Broad-spectrum methylation, nerve, and energy support† 	<ul style="list-style-type: none"> Broad-spectrum methylation, nerve, and energy support† Particularly supportive for individuals with genetic variations pertaining to B vitamins, including MTHFR, MTRR, and COMT† 	<ul style="list-style-type: none"> Broad-spectrum methylation, nerve, and energy support† Enhanced support for nerve health and gene expression of the nervous system† Promotes energy production by supporting mitochondrial biogenesis† 	<ul style="list-style-type: none"> Enhanced vitamin B₆ levels for targeted methylation, nerve, and energy support† Promotes neurotransmitter synthesis (GABA and serotonin) to support emotional well-being† Targets nervous system health and comfort†
Primary Indications	<ul style="list-style-type: none"> Energy synthesis† Low B-vitamin intake (diets low in common dietary sources, such as whole grains, fish and eggs) 	<ul style="list-style-type: none"> Energy synthesis, particularly for individuals with common genetic variations† Emotional wellness, particularly for individuals with common genetic variations† Low B-vitamin intake (diets low in common dietary sources, such as whole grains, fish and eggs) 	<ul style="list-style-type: none"> Peripheral nerve function support† Mitochondrial and energy support† Low B-vitamin intake (diets low in common dietary sources, such as whole grains, fish and eggs) 	<ul style="list-style-type: none"> Menstrual comfort† Mood support† Wrist nerve comfort†