



Nothing But Pure®

B-Complex Plus Comparison



B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. They also play an important role in the conversion of homocysteine to methionine in the synthesis of S-adenosyl-methionine, an important methyl donor used in methylation reactions. 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. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health.†

	Leading Brand	Pure Encapsulations® B-Complex Plus
Delivery form	Caplet (coated tablet)	Capsule
Coating	Yes (Palm Leaf Glaze)	No
Magnesium Stearate	Yes	No
Excipients	Vegetable cellulose, dicalcium phosphate, stearic acid, natural palm leaf glaze, silica, magnesium stearate	Vegetable cellulose, water, ascorbyl palmitate
B-Vitamin Distinctions		
Standard forms These are forms most often used in research studies, but require conversion in the body to be active.	Yes	Yes
Activated and methylated forms These are forms the body utilizes directly, without conversion.	No	Yes
Potency	Typically 100% daily value	Typically > 100% daily value (clinically researched levels)
Key Nutrient Distinctions		
Vitamin B ₆	5 mg as pyridoxine HCl	16.7 mg as pyridoxine HCl and 6.7 mg pyridoxal 5'phosphate (activated form)
Folate	400 mcg as folic acid	400 mcg as L-5-MTHF (methyltetrahydrofolate) (universally metabolized form of folate found naturally in foods)
Vitamin B ₁₂	250 mcg as cyanocobalamin (synthetic form, found in the body only in trace amounts)	400 mcg as methylcobalamin (bioidentical form naturally occurring in the body)

For more information and secure online ordering visit:

PureEncapsulations.com

