



— Your Trusted Source —

Ultra B-Complex w/PQQ

Introduced 2010



What Is It?

Ultra B-Complex w/PQQ combines B-complex vitamins with PQQ for unique support of mitochondrial bioenergetics and function.*

Features Include

- Thiamine and niacin support healthy neuron cell longevity, neuronal membrane function and impulse conduction*
- 5-MTHF, methylcobalamin and vitamin B₆ support neuronal health as methylation cofactors in myelin and neurotransmitter biosynthesis*
- PQQ is a novel B vitamin-like cofactor that encourages mitochondrial biogenesis*
- Alpha lipoic acid promotes mitochondrial function, neuron membrane integrity and antioxidant protection*
- Luteolin maintains healthy macrophage activity and gene expression of the nervous system*

Uses For Ultra B-Complex w/PQQ

Mitochondrial Support: B-complex vitamins are essential to basal mitochondrial function as metabolic coenzymes and methyl donors while PQQ provides novel B-vitamin like activity and advanced antioxidant support. Research suggests that PQQ promotes genetic transcription to support mitochondrial synthesis and function. Alpha lipoic acid provides additional support for mitochondrial energy utilization and combined with luteolin, offers enhanced nervous system antioxidant activity.*

What Is The Source?

Vitamin B₁ (thiamine HCl), niacinamide, niacin, vitamin B₅ (calcium pantothenate), vitamin B₆ (pyridoxal HCl), folic acid (Metafolin®, L-5-MTHF), biotin and alpha lipoic acid are synthetic. Vitamin B₂ (riboflavin) and vitamin B₁₂ (methylcobalamin) are derived from corn dextrose fermentation. Luteolin is derived from *Chrysanthemum indicum L* leaf. BioPQQ® pyrroloquinoline quinone disodium salt is manufactured in Japan using a patented natural fermentation process. It contains 2.7 mg sodium per capsule. Ascorbyl palmitate is produced from corn dextrose fermentation.

Recommendations

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

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Alpha lipoic acid has been associated with nausea and skin rash in some sensitive individuals. Luteolin is not recommended for individuals with sensitivity to botanicals from the Asteraceae/Compositae family. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Folic acid may adversely interact with chemotherapeutic drugs. Consult your physician for more information.

Ultra B-Complex w/PQQ

one vegetarian capsule contains  V 00

thiamin (as thiamin HCl)	125 mg
riboflavin (vitamin B ₂)	5 mg
niacin (as niacinamide)	100 mg
vitamin B ₆ (as pyridoxine HCl)	90 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B ₁₂ (as methylcobalamin)	1,000 mcg
biotin	400 mcg
panthothenic acid (as calcium pantothenate) (B ₅)	100 mg
alpha lipoic acid (thioctic acid)	100 mg
luteolin	20 mg
BioPQQ® pyrroloquinoline quinone disodium salt	10 mg
riboflavin 5' phosphate (activated B ₂)	10 mg
pyridoxal 5' phosphate (activated B ₆)	10 mg
inositol hexaniacinate (no-flush niacin)	10 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

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

 is a registered trademark of MGC (Japan).

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.