

# B-Complex liquid

Introduced 2010



## What Is It?

B-Complex liquid combines B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub> and B<sub>12</sub> in a convenient, great-tasting liquid form, free of artificial flavors and sweeteners.\*

## Features Include

- 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 5' phosphate), metabolizing nutrients and participating in electron transport to form ATP. Riboflavin is an integral part of fatty acid catabolism and helps activate vitamin B<sub>6</sub>.\*
- Vitamin B<sub>3</sub> (niacinamide), 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>6</sub> (pyridoxine HCl), 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>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 supports healthy homocysteine metabolism and S-adenosylmethionine (SAME) production.\*

## Uses For B-Complex liquid

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.\*

## What Is The Source?

Pure Encapsulations® B-Complex liquid contains:

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

Vitamin B<sub>2</sub> (riboflavin 5' phosphate): corn dextrose fermentation

Niacinamide: 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

Glycerin is derived from coconut, palm and palm kernel oil. Citric acid is derived from corn dextrose fermentation.

## Recommendations

Pure Encapsulations® recommends 1-2 dropperfuls daily, 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?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

*(continued)*

## B-Complex liquid

two full droppers (4 ml (0.13 fl oz)) contain v

thiamin (as thiamin HCl) (B<sub>1</sub>)..... 3.5 mg  
niacin (as niacinamide)..... 10 mg  
vitamin B<sub>6</sub> (as pyridoxine HCl)..... 4 mg  
vitamin B<sub>12</sub> (formulated with methylcobalamin)..... 500 mcg  
pantothenic acid (as calcium pantothenate) (B<sub>5</sub>)..... 10 mg  
riboflavin 5' phosphate (activated B<sub>2</sub>)..... 4 mg

other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, strawberry juice concentrate, xanthan gum, potassium sorbate, citric acid, natural orange flavor, purified stevia extract

serving size: 116 ml (3.9 fl oz)

servings per container: 29

*Shake well before use.*

1-2 droppers daily, with meals.