



PureGenomics™ B-Complex

NPN 80081422



What Is It?

PureGenomics™ B-Complex is designed to address the nutrient requirements of common genetic variations in the methylation pathway with a unique blend of B vitamins in highly researched and activated forms.

Special Features:

- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamine derivative benfotiamine, and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF) per capsule, the naturally occurring, universally metabolized form of folate
- Offers vitamin B₁₂ in unique blend of adenosylcobalamin and hydroxocobalamin
- Made with hypoallergenic, vegan ingredients

Uses for PureGenomics™ B-Complex

Daily Wellness: Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health and energy metabolism. Activated B vitamins are involved in the methylation pathway, and optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and immune health. B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. Folate is offered in this formula as Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene. Vitamin B₁₂ is offered as a combination of hydroxocobalamin and adenosylcobalamin. Hydroxocobalamin is a precursor form of vitamin B₁₂ converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism for the enzyme methylmalonyl-CoA mutase used to produce succinyl-CoA. Optimal levels of vitamin B₁₂ also support normal immune function. Benfotiamine is a lipid-soluble, enhanced-retention thiamine derivative. This formula also includes the methyl donor choline, which helps to support liver function.

What Is The Source?

Thiamine (thiamine hydrochloride and benfotiamine), niacinamide, pantothenic acid (calcium D-pantothenate), vitamin B₆ (pyridoxine hydrochloride, pyridoxal 5'-phosphate), folate (Metafolin® L-5-MTHF), biotin and choline are synthetic. Riboflavin (riboflavin, riboflavin 5'-phosphate sodium) and vitamin B₁₂ (hydroxocobalamin and adenosylcobalamin) are derived from corn dextrose fermentation. Ascorbyl palmitate is produced from corn dextrose fermentation and palm oil.

Recommended Dose

Adults: Take 1 capsule daily with a meal or as directed by a healthcare practitioner.

PureGenomics™ B-Complex

Medicinal Ingredients (per capsule)	  
Thiamine (thiamine hydrochloride, BenfoPure® benfotiamine)	26.8 mg
Riboflavin (riboflavin, riboflavin 5'-phosphate sodium)	15 mg
Niacinamide	50 mg
Vitamin B ₆ (pyridoxine hydrochloride, pyridoxal 5'-phosphate)	50 mg
Folate (calcium L-5-methyltetrahydrofolate, Metafolin®)	800 mcg
Vitamin B ₁₂ (adenosylcobalamin, hydroxocobalamin)	800 mcg
Biotin	400 mcg
Pantothenic Acid (calcium D-pantothenate)	100 mg
Choline (choline bitartrate)	40 mg
Inositol	25 mg
Non-medicinal Ingredients: Vegetarian capsule (hypromellose, water), hypoallergenic plant cellulose, ascorbyl palmitate.	

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BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.