

**STORE IN A COOL, DRY PLACE.**

**Recommendations:** As a dietary supplement, take 1 capsule daily, with a meal.

**Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**Keep out of the reach of children.**



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

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Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org



# B<sub>6</sub> Complex

With Metafolin® L-5-MTHF,  
Broad-spectrum B vitamin support  
with enhanced vitamin B<sub>6</sub>\*

Gluten-free, Non-GMO  
& Hypoallergenic

Dietary Supplement

120 CAPSULES



## Supplement Facts

	Amount Per Serving	%DV
Thiamin (as thiamin HCl) (B1)	100 mg	8,333%
Riboflavin (as vitamin B <sub>2</sub> and 67% riboflavin 5' phosphate (activated B <sub>2</sub> ))	15 mg	1,154%
Niacin (as niacinamide and 9% inositol hexaniacinate (no-flush niacin))	110 mg	688%
Vitamin B <sub>6</sub> (as pyridoxine HCl and 5% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	200 mg	11,765%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B <sub>12</sub> (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1,000 mcg	41,667%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg	2,000%
Choline (as choline bitartrate)	12 mg	2%
Inositol	25 mg	*

\*Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate  
Natural color variations can occur. Product can range from light yellow to bright yellow.

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Manufactured by: **Pure Encapsulations**  
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code: **B6C21**  
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