

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

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

Keep out of the reach of children.

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



Use only if safety seal is intact.

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

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

Scan to learn about our hypoallergenic supplements



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Ultra B-Complex w/PQQ

*With Metafolin® L-5-MTHF; Enhanced B-complex support for mitochondrial and nerve health**

Gluten-free, Non-GMO & Hypoallergenic

Dietary Supplement

60 CAPSULES



Supplement Facts

	Amount Per Serving	%DV
Thiamin (as thiamin HCl)	125 mg	10,417%
Riboflavin (vitamin B ₂ and 80% riboflavin 5' phosphate lactated B ₂)	12.7 mg	877%
Niacin (as niacinamide and 8% nicotinyl hexaniacinate (nicoflush niacin))	108 mg	675%
Vitamin B ₆ (as pyridoxine HCl and 7% pyridoxal 5' phosphate lactated B ₆)	96.7 mg	5,688%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg	41,667%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg	2,000%
Alpha lipoic acid (thictic acid)	100 mg	*
Luteolin	20 mg	*
BioPQQ® pyrroloquinoline quinone disodium salt	10 mg	*

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



BioPQQ® is a trademark of MGC (Japan)

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: **BPO6** v5