

# B-Complex liquid

Supports energy metabolism and a healthy nervous system<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Nervous system and energy metabolism support<sup>†</sup>

## BENEFITS

- Supports the proper functioning of the nervous system<sup>†</sup>
- Promotes the conversion of carbohydrates into energy<sup>†</sup>
- Supports the integrity of the skin, hair and liver<sup>†</sup>

## FEATURES

- 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>
- Great-tasting liquid form, free of artificial flavors and sweeteners
- Convenient liquid formula for easy dispensing
- Made with high-quality vegetarian ingredients backed by verifiable science

## VERIFIABLE SCIENCE

As a complex, the B vitamin group is essential for the proper functioning of the nervous system and are perhaps the most important nutritional factor for healthy nerve cells.<sup>1,2,3</sup> The B vitamins also play a role in the conversion of carbohydrates into energy and in the metabolism of fats and protein.<sup>4</sup> The B vitamins support the integrity of the skin, hair and liver.<sup>5,6</sup> This balanced combination of functionally interrelated B vitamins provides wide-ranging benefits, yet is specifically supportive of the nervous system.<sup>†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 teaspoon (5 ml) daily, with a meal.

## STORAGE

Store in a cool, dry place.

## WARNING

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

## SOURCE

- 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

## NOTES

Serving Size 5 ml (0.17 fl oz) (1 teaspoon)

Servings per container 28

Bottle quantity 140 ml (4.73 fl oz)

Order code BCL1

Bottle size 150 ml

## REFERENCES

1. Douaud G, et al. *Proc Natl Acad Sci U S A*. 2013 Jun 4;110(23):9523-8.
2. van Asselt DZ, et al. *J Gerontol A Biol Sci Med Sci*. 2001 Dec;56(12):M775-9.
3. Loria-Kohen V, et al. *Nutr Hosp*. 2013 May-Jun;28(3):807-15.
4. Smulders YM, et al. *Br J Haematol*. 2006 Mar;132(5):623-9.
5. Chen AC, et al. *N Engl J Med*. 2015 Oct 22;373(17):1618-26.
6. Isoda K, et al. *Biol Pharm Bull*. 2008 Feb;31(2):309-11.

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## SUPPLEMENT FACTS

1 teaspoon (5 ml) daily, with a meal. Shake well before use.

Serving size: 5 ml (0.17 fl oz) (1 teaspoon)

Servings per container: 28

5 ml (0.17 fl oz) (1 teaspoon) contain:

Thiamin (as thiamin HCl) (B<sub>1</sub>) 3.5 mg

Riboflavin (as riboflavin 5' phosphate) (activated B<sub>2</sub>) 3 mg

Niacin (formulated with 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

Other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, strawberry juice concentrate, natural lemonade and orange flavors, citric acid, xanthan gum, potassium sorbate, purified stevia leaf extract



B-Complex liquid	Quantity	Order Code
	140 ml (4.73 fl oz)	BCL1

Visit [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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