

Pure Encapsulations® B-Complex Products

	B-COMPLEX PLUS	PUREGENOMICS® B-COMPLEX	ULTRA B-COMPLEX W/PQQ	B₆ COMPLEX
Product Focus	<ul style="list-style-type: none"> Universally supportive, comprehensive B-complex[†] 	<ul style="list-style-type: none"> Comprehensive B-complex that addresses common genetic variations[†] 	<ul style="list-style-type: none"> Comprehensive B-complex targeting mitochondrial and nerve functions[†] 	<ul style="list-style-type: none"> Comprehensive B-complex targeting emotional wellness and nerve comfort[†]
Key Differentiators	<ul style="list-style-type: none"> Methylated folate (400 mcg) Methylated vitamin B₁₂ (400 mcg) 	<ul style="list-style-type: none"> Highest level of methylated folate (800 mcg) Non-methylated vitamin B₁₂ (800 mcg as adenosyl- and hydroxycobalamin) Choline Enhanced retention thiamine (benfotiamine) 	<ul style="list-style-type: none"> Methylated folate (400 mcg) Methylated vitamin B₁₂ (1000 mcg) BioPQQ® Luteolin Alpha lipoic acid 	<ul style="list-style-type: none"> Methylated folate (400 mcg) Blend of 3 forms of vitamin B₁₂ (1,000 mcg as methyl-, adenosyl- and hydroxycobalamin) Highest level of vitamin B₆ (200 mg) Choline
Functions	<ul style="list-style-type: none"> Broad-spectrum methylation, nerve, and energy support[†] 	<ul style="list-style-type: none"> Broad-spectrum methylation, nerve, and energy support[†] Particularly supportive for individuals with genetic variations pertaining to B vitamins, including MTHFR, MTRR, and COMT[†] 	<ul style="list-style-type: none"> Broad-spectrum methylation, nerve, and energy support[†] Enhanced support for nerve health and gene expression of the nervous system[†] Promotes energy production by supporting mitochondrial biogenesis[†] 	<ul style="list-style-type: none"> Enhanced vitamin B₆ levels for targeted methylation, nerve, and energy support[†] Promotes neurotransmitter synthesis (GABA and serotonin) to support emotional well-being[†] Targets nervous system health and comfort[†]
Primary Indications	<ul style="list-style-type: none"> Energy synthesis[†] Low B-vitamin intake (diets low in common dietary sources, such as whole grains, fish and eggs) 	<ul style="list-style-type: none"> Energy synthesis, particularly for individuals with common genetic variations[†] Emotional wellness, particularly for individuals with common genetic variations[†] Low B-vitamin intake (diets low in common dietary sources, such as whole grains, fish and eggs) 	<ul style="list-style-type: none"> Peripheral nerve function support[†] Mitochondrial and energy support[†] Low B-vitamin intake (diets low in common dietary sources, such as whole grains, fish and eggs) 	<ul style="list-style-type: none"> Menstrual comfort[†] Mood support[†] Wrist nerve comfort[†]