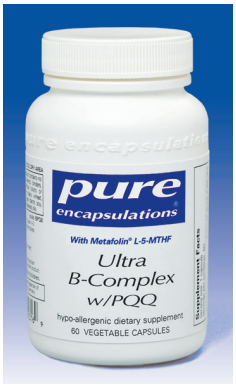
Manufacturers of Hypo-allergenic Nutritional Supplements




# Ultra B-Complex w/ PQQ

## INTRODUCED SEPTEMBER 2010

## What Is It?

Ultra B-Complex w/PQQ combines B-complex vitamins with PQQ for unique support of mitochondrial bioenergetics and function.*

## Features Include

- Thiamine and niacin support healthy neuron cell longevity, neuronal membrane function and impulse conduction*
- 5-MTHF, methylcobalamin and vitamin $B_6$ support neuronal health as methylation cofactors in myelin and neurotransmitter biosynthesis*
- PQQ is a novel B vitamin-like cofactor that encourages mitochondrial biogenesis*
- Alpha lipoic acid promotes mitochondrial function, neuron membrane integrity and antioxidant protection*
- Luteolin maintains healthy macrophage activity and gene expression of the nervous system*

## Uses For Ultra B-Complex w/PQQ

**Mitochondrial Support:** B-complex vitamins are essential to basal mitochondrial function as metabolic coenzymes and methyl donors while PQQ provides novel B-vitamin like activity and advanced antioxidant support. Research suggests that PQQ promotes genetic transcription to support mitochondrial synthesis and function. Alpha lipoic acid provides additional support for mitochondrial energy utilization and combined with luteolin, offers enhanced nervous system antioxidant activity.*

## What Is The Source?

Vitamin $B_1$ (thiamine HCl), niacinamide, niacin, vitamin $B_5$ (calcium pantothenate), vitamin $B_6$ (pyridoxal HCl), folic acid (Metafolin®, L-5-MTHF), biotin and alpha lipoic acid are synthetic. Vitamin $B_2$ (riboflavin) and vitamin $B_{12}$ (methylcobalamin) are derived from corn dextrose fermentation. Luteolin is derived from *Chrysanthemum indicum L* leaf. BioPQQ™ pyrroloquinoline quinone disodium salt is manufactured in Japan using a patented natural fermentation process. It contains 2.7 mg sodium per capsule. Ascorbyl palmitate is produced from corn dextrose fermentation.

## Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Alpha lipoic acid has been associated with nausea and skin rash in some sensitive individuals. Luteolin is not recommended for individuals with sensitivity to botanicals from the Asteraceae/Compositae family. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Folic acid may adversely interact with chemotheraputic drugs. Consult your physician for more information.

**Ultra B-Complex w/PQQ**

| one vegetable capsule contains | V 00 |
|---|---|
| thiamine HCl | 125 mg |
| riboflavin ($B_2$) | 5 mg |
| riboflavin 5' phosphate (activated $B_2$) | 10 mg |
| niacinamide | 100 mg |
| inositol hexaniacinate (no-flush niacin) | 10 mg |
| pyridoxine HCl ($B_6$) | 90 mg |
| pyridoxal 5'phosphate (activated $B_6$) | 10 mg |
| folate (as Metafolin®, L-5-MTHF) | 400 mcg |
| methylcobalamin ($B_{12}$) | 1,000 mcg |
| biotin | 400 mcg |
| panthothenic acid (calcium pantothenate) ($B_5$) | 100 mg |
| alpha lipoic acid (thioctic acid) | 100 mg |
| luteolin | 20 mg |
| BioPQQ™ pyrroloquinoline quinone disodium salt | 10 mg |
| ascorbyl palmitate (fat-soluble vitamin C) | 10 mg |

**1–2 capsules per day, in divided doses, with meals.**

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

— Your Trusted Source —

490 Boston Post Road
Sudbury, MA 01776 USA
P: 800-753-2277 • F: 888-783-2277
www.PureCaps.com • csservice@purecaps.com