

Ultra B-Complex w/PQQ

Enhanced B-complex support for mitochondrial and nerve health[†]

INDICATIONS

- Ages 18 and up
- Energy and longevity support[†]
- Mitochondrial and nerve health support[†]

BENEFITS

- Provides methylation, nerve and cellular energy support[†]
- Promotes cellular energy production by supporting mitochondrial biogenesis[†]
- Enhanced support for nerve health[†]
- With PQQ, alpha lipoic acid and luteolin for enhanced antioxidant and cellular support[†]

FEATURES

- Combines B-complex vitamins with PQQ
- Contains Metafolin® (5-MTHF), the universally metabolized and biologically active form of folate
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Ultra B-Complex w/PQQ combines essential B vitamins with PQQ to support mitochondrial bioenergetics and function. The B-complex vitamins, which are essential to basal mitochondrial function, serve as metabolic coenzymes and/or methyl donors. Thiamin and niacin support healthy neuron cell longevity, neuronal membrane function and impulse conduction. L-5-MTHF, methylcobalamin and vitamin B₆ support neuronal health as methylation cofactors in myelin and neurotransmitter biosynthesis.¹ Adenosylcobalamin is active form of vitamin B₁₂ in mitochondria, where it maintains cellular energy (ATP) production by acting as a cofactor or MCM (methylmalonyl CoA mutase), whose activity declines with age in animal models.² Animal studies suggest that adenosylcobalamin enhances mitochondrial bioenergetics, maintains type IIA fast-twitch muscle fiber size in aging animals and maintains neuromuscular junction integrity.³ Preliminary data show that adenosylcobalamin also supports healthy myelination of peripheral neurons innervating muscle.³

PQQ provides B vitamin-like activity with unique antioxidant properties. PQQ supports mitochondrial,

neuronal and cellular function, at least in part by activation of Nrf2 and antioxidant gene expression. PQQ may also help to maintain cytokine balance. Studies indicate significant support for cognitive function, including increased cerebral blood flow and oxygen metabolism. Preliminary research suggests that PQQ promotes mitochondrial biogenesis by targeting SIRT1 and PGC-1α.⁴ Alpha lipoic acid provides additional support for mitochondrial energy utilization. Alpha lipoic acid and luteolin are both antioxidants that support neuronal health.⁵ Research suggests luteolin also helps maintain healthy macrophage activity and gene expression in the nervous system.^{6†}

SUGGESTED USE

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

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 B₁ (thiamine HCl), niacinamide, niacin, vitamin B₅ (calcium pantothenate), vitamin B₆ (pyridoxal HCl), folic acid (Metafolin®, L-5-MTHF), biotin and alpha lipoic acid are synthetic
- Vitamin B₂ (riboflavin) and vitamin B₁₂ (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

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NOTES

Size 00 caps
Bottle count 60
Order code BPQ26
Bottle size 190 cc

REFERENCES

- Jacobs AM, et al. *Rev Neurol Dis.* 2011;8(1-2):39-47.
- Pannérec A, et al. *J Cachexia Sarcopenia Muscle.* 2018 Feb;9(1):41-52.
- Dror DK, Allen LH. *Nutrition Reviews.* 2008;66(5):250-255.
- Harris CB, et al. *Nutr Biochem.* 2013 Dec;24(12):2076-84.
- Jones W, et al. *Free Radic Biol Med.* 2002 Jul 1;33(1):83-93
- Asadi S, et al. *J Neuroinflammation.* 2012 May 4;9:85.

SUPPLEMENT FACTS

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Thiamin (as thiamin HCl)	125 mg
Riboflavin (vitamin B ₂ and 60% riboflavin 5' phosphate (activated B ₂))	12.7 mg
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
Vitamin B ₆ (as pyridoxine HCl and 7% pyridoxal 5' phosphate (activated B ₆))	96.7 mg
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	1,000 mcg
Biotin	400 mcg
Panthenic acid (as calcium pantothenate) (B ₅)	100 mg
Alpha lipoic acid (thioctic acid)	100 mg
Luteolin	20 mg
BioPQQ [®] pyrroloquinoline quinone disodium salt	10 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate
Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.
BioPQQ[®] is a registered trademark of MGC (Japan).



Ultra B-Complex w/PQQ	Quantity	Order Code
	60	BPQ26

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.