

**Table 1: % Pyridoxine, Vitamin B Complex from Amazon.com 27-29 JUNE 2024\*\***

Brand	# Capsules**/ Cost \$ (USD)	% Thiamine (Vitamin B <sub>1</sub> )	% Riboflavin (Vitamin B <sub>2</sub> )	% Niacin (Vitamin B <sub>3</sub> )	% Pyridoxine (Vitamin B <sub>6</sub> )	% Folate (Vitamin B <sub>9</sub> )	% Cobalamin (Vitamin B <sub>12</sub> )	Form of Vitamin B <sub>12</sub>
Bronson	250/\$14.24	4,167%	1,538%	156%	118%	167%	625%	Cyano-
Vispura	180/\$12.57	138%	144%	131%	129%	96%	104%	Methyl-
EZ Melts	60/\$17.99	150%	150%	150%	150%	150%	15,000%	Methyl-
NatureWise	360/\$19.99	188%	196%	188%	176%	170%	250%	Cyano-
Naturelo	120/\$24.26	417%	769%	188%	294%	100%	1,000%	Methyl-
Puregen Labs	100/\$9.95	125%	131%	125%	588%	333%	250%	Cyano-
Pure Encapsulation	120/\$42.00	8,333%	8,333%	675%	982%	167%	16,667%	Methyl-
Nutradora	60/\$14.81	8,333%	7,692%	125%	1,765%	292%	83,333%	Cyano-
365 Everyday Value	90/\$10.99	3,333%	2,941%	275%	2,500%	100%	833%	Cyano-
NutriCost	120/\$14.20	5,000%	5,769%	219%	2,941%	100%	41,667%	Methy-
Swanson	250/\$25.45	4,167%	3,846%	313%	2,941%	166%	2,083%	Cyano-
Life Extensions	60/\$8.95	8,333%	5,769%	625%	5,882%	170%	1,500%	Methyl-
NatureMyst	60/\$18.67	4,167%	3,077%	219%	5,882%	170%	20,833%	Methyl-
Solgar	100/\$17.95	8,333%	7,692%	625%	5,882%	167%	4,167%	Cyano-

\*All the products include each of the 8 B vitamins; however, only 6 are shown above. Many products also include other vitamins/ components not listed above. Some products are vegan, they may be packaged in various forms like capsules, tablets, or tablets that dissolve under your tongue.

\*\*Most products recommend 1 capsule/tablet per day although several recommend 2 capsules/tablets per day.

**Table 2: % Cobalamin (Methyl- or Cyano-), Vitamin B Complex from Amazon.com 27-29 JUNE 2024\***

Brand	# Capsules**/ Cost \$ (USD)	% Thiamine (Vitamin B <sub>1</sub> )	% Riboflavin (Vitamin B <sub>2</sub> )	% Niacin (Vitamin B <sub>3</sub> )	% Pyridoxine (Vitamin B <sub>6</sub> )	% Folate (Vitamin B <sub>9</sub> )	% Cobalamin (Vitamin B <sub>12</sub> )	Form of Vitamin B <sub>12</sub>
Vispura	180/\$12.57	138%	144%	131%	129%	96%	104%	Methyl-
Naturelo	120/\$24.26	417%	769%	188%	294%	100%	1,000%	Methyl-
Life Extensions	60/\$8.95	8,333%	5,769%	625%	5,882%	170%	1,500%	Methyl-
EZ Melts	60/\$17.99	150%	150%	150%	150%	150%	15,000%	Methyl-
Pure Encapsulation	120/\$42.00	8,333%	8,333%	675%	982%	167%	16,667%	Methyl-
NatureMyst	60/\$18.67	4,167%	3,077%	219%	5,882%	170%	20,833%	Methyl-
NutriCost	120/\$14.20	5,000%	5,769%	219%	2,941%	100%	41,667%	Methy-
NatureWise	360/\$19.99	188%	196%	188%	176%	170%	250%	Cyano-
Puregen Labs	100/\$9.95	125%	131%	125%	588%	333%	250%	Cyano-
Bronson	250/\$14.24	4,167%	1,538%	156%	118%	167%	625%	Cyano-
365 Everyday Value	90/\$10.99	3,333%	2,941%	275%	2,500%	100%	833%	Cyano-
Swanson	250/\$25.45	4,167%	3,846%	313%	2,941%	166%	2,083%	Cyano-
Solgar	100/\$17.95	8,333%	7,692%	625%	5,882%	167%	4,167%	Cyano-
Nutradora	60/\$14.81	8,333%	7,692%	125%	1,765%	292%	83,333%	Cyano-

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**Table 3: % Thiamine, Vitamin B Complex from Amazon.com 27-29 JUNE 2024\*\***

Brand	# Capsules**/ Cost \$ (USD)	% Thiamine (Vitamin B <sub>1</sub> )	% Riboflavin (Vitamin B <sub>2</sub> )	% Niacin (Vitamin B <sub>3</sub> )	% Pyridoxine (Vitamin B <sub>6</sub> )	% Folate (Vitamin B <sub>9</sub> )	% Cobalamin (Vitamin B <sub>12</sub> )	Form of Vitamin B <sub>12</sub>
Puregen Labs	100/\$9.95	125%	131%	125%	588%	333%	250%	Cyano-
Vispura	180/\$12.57	138%	144%	131%	129%	96%	104%	Methyl-
EZ Melts	60/\$17.99	150%	150%	150%	150%	150%	15,000%	Methyl-
NatureWise	360/\$19.99	188%	196%	188%	176%	170%	250%	Cyano-
Naturelo	120/\$24.26	417%	769%	188%	294%	100%	1,000%	Methyl-
365 Everyday Value	90/\$10.99	3,333%	2,941%	275%	2,500%	100%	833%	Cyano-
Swanson	250/\$25.45	4,167%	3,846%	313%	2,941%	166%	2,083%	Cyano-
NatureMyst	60/\$18.67	4,167%	3,077%	219%	5,882%	170%	20,833%	Methyl-
Bronson	250/\$14.24	4,167%	1,538%	156%	118%	167%	625%	Cyano-
NutriCost	120/\$14.20	5,000%	5,769%	219%	2,941%	100%	41,667%	Methy-
Pure Encapsulation	120/\$42.00	8,333%	8,333%	675%	982%	167%	16,667%	Methyl-
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