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LifeExtension®

Life Extension Mix™ Capsules



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

360 Capsules

Supplement Facts

Serving Size 12 Capsules • Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene, acetate) (5,000 IU)	1500 mcg* ... 167%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)	1000 mg ... 1111%
Vitamin D3 (as cholecalciferol) (2,000 IU)	50 mcg ... 250%
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	67 mg ... 447%
Thiamine (vitamin B1) (as thiamine HCl)	125 mg ... 10417%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5-phosphate)	50 mg ... 3846%
Niacin (as 61% niacinamide, 38% niacin, 1% niacinamide ascorbate)	190 mg* ... 1188%
Vitamin B6 (as pyridoxal 5-phosphate (100 mg), pyridoxine HCl (5 mg))	105 mg ... 6178%
Folate (as L-5-methyltetrahydrofolate calcium salt)	400 mcg* ... 100%
Vitamin B12 (as methylcobalamin)	3000 mcg ... 25000%
Biotin	6000 mcg ... 10000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenic acid)	600 mg ... 12000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate, dicalcium phosphate)	140 mg ... 11%
Iodine (as potassium iodide)	150 mcg ... 100%
Magnesium (as magnesium oxide, citrate, arginate, glycinate, taurinate, ascorbate)	420 mg ... 100%
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)	35 mg ... 318%
Selenium (as sodium selenite, SelendExcell® high selenium yeast)	200 mcg ... 364%
Copper (as TRACs® copper bisglycinate chelate)	1 mg ... 111%
Manganese (as manganese citrate, gluconate)	1 mg ... 43%
Chromium (as Chrominex® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit)	500 mcg ... 1429%
Molybdenum (as molybdenum amino acid chelate)	125 mcg ... 278%
Potassium (as potassium citrate)	35 mg ... <1%
Broccoli concentrate blend (broccoli powder, extract (spout, floret, seed) (providing glucosinolates, sulforaphane), calcium D-glucarate)	725 mg ...
N-acetyl-L-cysteine (NAC)	600 mg ...
Decaffeinated green tea extract (leaf) [std. to 45% epigallocatechin gallate (EGCG)]	325 mg ...
Acerola extract 4:1 (berry)	300 mg ...
Inositol	250 mg ...
Bitter orange citrus bioflavonoids (peel, fruit) [std. to 50% hesperidin]	200 mg ...
Fruit/berry proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (Diospyros kaki) powders)	200 mg ...
Taurine	200 mg ...
Wild blueberry anthocyanin extract (fruit)	150 mg ...
Sensoril® Ashwagandha extract (root/leaf) [std. to 32% oligosaccharides, 10% glycoside conjugates]	125 mg ...
Silymarin from milk thistle extract (seed)	100 mg ...
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg ...
CherryPure® sour cherry (tart cherry) proanthocyanidin powder (skin)	85 mg ...
POMELLA® pomegranate extract (fruit) [std. to 30% punicalagins]	85 mg ...
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg ...
MirtoSelect® bilberry extract (fruit)	30 mg ...
BioVin® grape proanthocyanidin extract (whole grape)	25 mg ...
Leucoselct® grape seed proanthocyanidin extract	25 mg ...
Bromelain (from pineapple (stem)) (2400 gelatin digestive units/gram)	15 mg ...
Nutrin from marigold extract (flower) (providing 465 mcg trans-zeaxanthin)	15 mg ...
Olive extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg ...
Sesame seed lignan extract	10 mg ...
Luteolin (from orange extract (fruit))	8 mg ...
Apigenin	5 mg ...
Boron (as boron amino acid chelate)	3 mg ...
Lycopene (from Lycobeads® natural tomato extract (fruit))	3 mg ...
Delphinidins from Delphinio® macul berry (Aristotelia chilensis) extract (fruit)	2 mg ...
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg ...
Trans-pterostilbene (from pteropure®)	0.5 mg ...

*Daily Value not established.

†BAAE (retinol activity equivalent). †DFE (dietary folate equivalent). *NE (niacin equivalent).

DIRECTIONS: Take twelve (12) capsules per day in divided doses with meals, or as recommended by a healthcare practitioner.

CAUTION: Temporary flushing, itching, rash, or gastric disturbances may occur. Liver function testing is recommended when niacin is taken in excess of 500 mg daily. Those with gout or liver diseases should avoid taking high doses of niacin. Consult with your doctor before using this product if you are taking anticoagulant medications. Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Vitamin D supplementation is not recommended for individuals with high blood calcium levels. Individuals with in-born errors of copper metabolism (e.g. Wilson's disease) should avoid daily, chronic use of this product.

1- CherryPure® is a registered trademark of Shoreline Fruit, LLC. 2- Delphinio® is a registered trademark of MNL. 3- L-OptiZinc® is a registered trademark of InterHealth N.L. 4- SelenoExcell® is a registered trademark of Cypress Systems Inc. 5- Chrominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc. 6- Leucoselct® is a registered trademark of Indena S.p.A. 7- BioVin® is a registered trademark of Cyvex Nutrition dba Bioriginal. 8- Lycored Lycopene™ is a registered trademark of Lycored; Orange, New Jersey. 9- POMELLA® Extract is covered under U.S. Patent 7,638,640 and POMELLA® is a registered trademark of Verdure Sciences, Inc. 10- pTeroPure® is a registered trademark of ChromaDex, Inc., Patents see: www.ChromaDexPatents.com. 11- MirtoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12- Sensoril® is protected under US Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreon, Inc. 13- TRACs® is a registered trademark of Albion Laboratories, Inc.

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.

Other ingredients: microcrystalline cellulose, gelatin (capsule), vegetable stearate, silica, maltodextrin.

Manufactured for:
Quality Supplements and Vitamins, Inc.
FL Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

Store tightly closed in a cool, dry place.

