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LifeExtension®

Life Extension Mix™ Powder



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

Net Wt. 360g
(0.79 lb. or 12.70 oz.)

Q02256A

Supplement Facts

Serving Size 3 Scoops (approx. 12 grams) • Servings Per Container About 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene, acetate) (5,000 IU).....	1500 mcg *... 187%
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 mcg ... 6176%
Folate (as L-5-methyltetrahydrofolate calcium salt)	 400 mcg ... 100%
Vitamin B12 (as methylcobalamin)	 600 mcg ... 25000%
Biotin	 3000 mcg ... 10000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine)	 600 mcg ... 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 selenate, SelenoExcel® high selenium yeast, Se-methyl-L-selenocysteine)	 200 mcg ... 364%
Copper (as TRAACS® copper bisglycinate chelate)	 1 mg ... 111%
Manganese (as manganese citrate, gluconate)	 1 mg ... 43%
Chromium (as Crominex® 3+ chromium stabilized with Capros® amla extract fruit, PrimaVie® Shilajit)	 500 mcg ... 129%
Molybdenum (as molybdenum amino acid chelate)	 125 mcg ... 278%
Potassium (as potassium citrate)	 35 mg ... <1%
Broccoli concentrate blend [broccoli powder, extract (sprout, floret, seed) (providing glucosinolates, sulforaphane), calcium D-glucarate]	 725 mg ... **
N-acetyl-L-cysteine (NAC)	 600 mg ... **
Decaffeinated green tea extract (leaf) [std. b.	 325 mg ... **
45% epigallocatechin gallate (EGCG)]	 **
Acerola extract 4:1 (berry)	 300 mg ... **
Inositol	 250 mg ... **
Bitter orange citrus bioflavonoid (peel, fruit) [std. to 50% hesperidin]	 200 mg ... **
Fruit/berry proprietary blend [European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (<i>Ostrya virginica</i>) 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 ... **
Leucoselect® grape seed proanthocyanidin extract	 25 mg ... **
Bromelain [from pineapple (stem)] (2400 gelatin digestive units/gram)	 15 mg ... **
Lutian from mangost extract (flower) (providing 465 mcg trans-zeaxanthin)	 15 mg ... **
Olive extract (fruit) (providing polyphenols, hydroxytyrosol, oleuropein)	 12.5 mg ... **
Sesame seed lignan extract	 10 mg ... **
Luteolin from orange extract (fruit)	 8 mg ... **
Apoligin	 5 mg ... **
Boron (as boron amino acid chelate)	 3 mg ... **
Lycopene from Lycobeads® natural tomato extract (fruit)	 3 mg ... **
Delphinidins from Delphinid® maqui berry (<i>Aristotelia chilensis</i>) 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.

*RAE (retinol activity equivalent). °DFE (dietary folate equivalent). °NE (niacin equivalent).

Other ingredients: maltodextrin, natural orange flavor, silica, stevia extract, luohang guo extract.

Manufactured for:
Quality Supplements and Vitamins, Inc.
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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.



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.