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LifeExtension®

Life Extension
Mix™ Capsules
without Copper



State-of-the-Art
Multi-Nutrient Formula

Dietary
Supplement

360 Capsules

Q02264A

Supplement Facts

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene, acetate) (5,000 IU)	100%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)	1500 mcg*167%
Vitamin D3 (as cholecalciferol) (2,000 IU)	1000 mcg1111%
Vitamin E (as d-alpha tocopheryl succinate, D-alpha tocopherol)	50 mcg250%
Thiamine (vitamin B1) (as thiamine HCl)	67 mg447%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	125 mg10417%
Niacin (as 61% niacinamide, 38% niacin, 1% niacinamide ascorbate)	50 mg3846%
Vitamin B6 (as pyridoxal 5'-phosphate, 100 mg, pyridoxine HCl (5 mg))	100 mg*1188%
Folate (as L-5-methyltetrahydrofolate calcium salt)	195 mcg6176%
Vitamin B12 (as methylcobalamin)	400 mcg100%
Biotin	600 mcg25000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	3000 mcg10000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-gluconate, dicalcium phosphate)	1400 mg11%
Iodine (as potassium iodide)	150 mcg100%
Magnesium (as magnesium oxide, citrate, arginate, glycinate, taurinate, ascorbate)	420 mg100%
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)	35 mg318%
Selenium (as sodium selenite, SelenoExcell® high selenium yeast, Se-methyl-L-selenocysteine)	200 mcg364%
Manganese (as manganese citrate, gluconate)	1 mg43%
Chromium (as Chrominex® 3+, Capros® and PrimaVie® Shilajit anila extract (fruit), PrimaVie® Shilajit)	500 mcg1429%
Molybdenum (as molybdenum amino acid chelate)	125 mcg278%
Potassium (as potassium citrate)	35 mg<1%
Broccoli concentrate blend [broccoli powder, extract (sprout, floret, seed) (providing glucosinolates, sulforaphane), calcium D-gluconate] N-acetyl-L-cysteine (NAC)	600 mg100%
Decaffeinated green tea extract (leaf) (std. to 45% epigallocatechin gallate (EGCG))	325 mg100%
Acerola extract 4:1 (berry)	300 mg100%
Inositol	250 mg100%
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin)	200 mg100%
Fruit/berry proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (Diospyros kaki) powders)	200 mg100%
Taurine	200 mg100%
Wild blueberry anthocyanin extract (fruit)	150 mg100%
Sensoril® Ashwagandha extract (root/leaf) (std. to 32% oligosaccharides, 10% glycoside conjugates)	125 mg100%
Silymarin (from milk thistle extract (seed))	100 mg100%
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg100%
CherryPure® sour cherry (tart cherry) proanthocyanidin powder (skin)	85 mg100%
POMELLA® pomegranate extract (fruit) (std. to 30% punicalagins)	85 mg100%
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	30 mg100%
MirtoSelect® bilberry extract (fruit)	30 mg100%
BioVin® grape proanthocyanidin extract (whole grape)	25 mg100%
Leucoslect® grape seed proanthocyanidin extract	25 mg100%
Bromelain (from pineapple (stem)) (2400 gelatin digestive units/gran)	15 mg100%
Oliver from marigold extract (flower) (providing 460 mcg trans-zeaxanthin)	15 mg100%
Ume extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg100%
Sesame seed lignan extract	10 mg100%
Luteolin from orange extract (fruit)	8 mg100%
Aogentin	5 mg100%
Boron (as boron amino acid chelate)	3 mg100%
Lycopene (from Lycobeads® natural tomato extract (fruit))	3 mg100%
Delphinidins from Delphinol® maqui berry (Aristotelia chilensis) extract (fruit)	2 mg100%
Cyanidin-3-glucoside (C3G) from black currant extract (fruit)	1.25 mg100%
Trans-pterostilbene (from pTeroPure®)	0.5 mg100%

*Daily Value not established. **RAE (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.

1- CherryPure® is a registered trademark of Shoreline Fruit, LLC. 2- Delphinol® is a registered trademark of MNL. 3- L-OptiZinc® is a registered trademark of InterHealth N.I. 4- SelenoExcell® is a registered trademark of Cypress Systems Inc. 5- Chrominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc. 6- Leucoslect® 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.

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.
Ft. 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.

