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LifeExtension®

Life Extension Mix™ Tablets with Extra Niacin



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

240 Tablets

Supplement Facts

Serving Size 8 Tablets • 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)	970 mg 1076%
Vitamin D3 (as cholecalciferol) (2,000 IU)	50 mcg 250%
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	67 mg 477%
Thiamine (vitamin B1) (as thiamine HCl)	125 mg 10417%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	50 mg 3848%
Niacin (as 60% niacinamide, 39% niacin, 1% niacinamide ascorbate)	62 mg 5388%
Vitamin B6 (as pyridoxal 5'-phosphate (100 mg), pyridoxine HCl (5 mg))	105 mg 6170%
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 pantothenol)	600 mg 12000%
Calcium (as dicalcium phosphate, Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)	500 mg 38%
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, SelenoCell® high selenium yeast)	200 mcg 364%
Se-methyl L-selenocysteine	1 mg 111%
Copper (as TRAACS® copper bisglycinate chelate)	1 mg 43%
Manganese (as manganese citrate, gluconate)	500 mcg 1420%
Chromium (as Crominex® 3+, Capros® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit)	25 mcg 278%
Molybdenum (as molybdenum amino acid chelate)	35 mcg <1%
Potassium (as potassium citrate)	725 mg **
Broccoli concentrate blend (broccoli powder, extract (sprout, floret, seed) (providing glucosinolates, sulforaphane), calcium D-glucarate)	600 mg **
N-acetyl-L-cysteine (NAC)	325 mg **
Decaffeinated green tea extract (leaf) [std. to 45% epigallocatechin gallate (EGCG)]	35 mg **
Acerola extract 4:1 (berry)	85 mg **
Inositol	250 mg **
Bitter orange citrus bioflavonoids (peel, fruit) [std. to 50% hesperidin]	200 mg **
Fruitberry proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (<i>Diospyros kaki</i>) powders)	200 mg **
Taurine	200 mg **
Wild blueberry anthocyanin extract (fruit)	150 mg **
Sensoril® Ashwagandha extract (root, leaf) [std. to 32% digoxigenin, 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)	100 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 **
Leucoslect® grape seed proanthocyanidin extract	25 mg **
Bio-Quercetin phytosome (providing 5 mg quercetin from Japanese sophora concentrate (flower bud), phosphatidylcholine complex (from sunflower))	15 mg **
Bromelain (from pineapple stem) (2400 gelatin digestive units/gram)	15 mg **
Lutein (from marigold 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 **
Aquagen	5 mg **
Boron (as boron amino acid chelate)	3 mg **
Lycopene (from Lycobeads® natural tomato extract (fruit))	3 mg **
Delphinol® maca berry (<i>Aristida chilensis</i>) extract (fruit)	2 mg **
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg **

*Daily Value not established.

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

DIRECTIONS: Take eight (8) tablets daily 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.

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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, maltodextrin, stearic acid, croscarmellose sodium, silica, vegetable stearate, starch, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin).

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:** Reproductive Harm - www.P65Warnings.ca.gov.

Store tightly closed in a cool, dry place.

