

LifeExtension®

Life Extension Mix™ Tablets



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, nicotinamide ascorbate, acerola extract)	970 mg 1078%
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))	05 mg 6176%
Folate (as L-5-methyltetrahydrofolate calcium salt)	400 mcg 100%
Vitamin B12 (as methylcobalamin)	3000 mcg 25000%
Biotin	600 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-glucurate)	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, 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 Chrominex® 3+, Capros® and 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 (sprout, floret, seed) (providing glucosinolates, sulforaphane), calcium D-glucurate)	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 (<i>Diospyros kaki</i>) powders)	200 mg **
Taurine	200 mg **
Wild blueberry anthocyanin extract (fruit)	150 mg **
Sensori® ¹¹ 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® ¹ sour cherry (tart cherry) proanthocyanidin powder (skin)	85 mg **
POMELLA® ⁹ pomegranate extract (fruit) [std. to 30% punicalagins]	85 mg **
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg **
MirtoSelect® ¹⁰ bilberry extract (fruit)	30 mg **
BioVin® ⁷ grape proanthocyanidin extract (whole grape)	25 mg **
Leucoselct® ⁶ 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 (flower)) (providing 465 mcg <i>trans-zeaxanthin</i>)	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 **
Lycopena (from Lycobeads® natural tomato extract (fruit))	3 mg **
Delphinidins [from Delphinol® ⁸ maqui berry (<i>Aristotelia 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). **DVE (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.

1- CherryPURE® is a registered trademark of Shoreline Fruit, LLC. 2- Delphinol® is a registered trademark of Lanza or its affiliates. 4- SelenoExcel® 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 - MirtoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 11 - Sensori® is protected under US Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreon, Inc. 12- TRAACS® 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: maltodextrin, microcrystalline cellulose, vegetable stearate, croscarmellose sodium, stearic acid, silic, 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.

