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LifeExtension®

Life Extension Mix™ Capsules without Copper



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)	167%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide 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))	105 mg.....6176%
Folate (as L-5-methyltetrahydrofolate calcium salt)	400 mcg.....100%
Vitamin B12 (as methylcobalamin)	600 mcg.....2500%
Pantothenic acid (as D-calcium pantothenate with 5 mg panthethine)	3000 mcg.....10000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-gluconate, 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, SelenoExcell® high selenium yeast, Se-methyl-L-selenocysteine)	200 mcg.....364%
Manganese (as manganese citrate, gluconate)	1 mg.....43%
Chromium (as Chrominex® 3+ chromium stabilized with Capros®)	500 mcg.....1428%
amla extract (fruit), PrimaVie® Siliagil	
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-gluconate]	725 mg.....**
N-acetyl-L-cysteine (NAC)	600 mg.....**
Decaffeinated green tea extract (leaf) (std. to...)	325 mg.....**
45% epigallocatechin gallate (EGCG)	
Acerola extract 4:1 (berry)	300 mg.....**
Inositol	250 mg.....**
Bitter orange citrus bioflavonoids (pee, fruit) (std. to 50% hesperidin)	250 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.....**
POMELELLA® 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.....**
Leucosellect® 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.....**
Apigenin	5 mg.....**
Boron (as boron amino acid chelate)	3 mg.....**
Lycopene from Lycobeads® natural tomato extract (fruit)	3 mg.....**
Delphinidin (from Delphinol® maqui berry (Aristotelia chilensis) 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 twelve (12) capsules 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.

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

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

Store tightly closed in a cool, dry place.

