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**LIFE
EXTENSION®**

Life Extension Mix™ Powder

State-of-the-Art
Multi-Nutrient Formula

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

DIETARY
SUPPLEMENT

L02356D

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 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))	106 mg 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 pantothenic acid, as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate dicalcium phosphate)	600 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, SelenoCell® high selenium yeast, Se-methyl-L-selenocysteine)	200 mcg 364%
Copper (as copper bisglycinate chelate (TRAACS®))	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 1429%
Molybdenum (as molybdenum amino acid chelate)	125 mcg 276%
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. to 45% epigallocatechin gallate (EGCG))	325 mg **
Acrolin extract 4:1 (berry)	300 mg **
Inositol	250 mg **
Bitter orange citrus hydroxycitronellid (peel, fruit) (std. to 50% hesperidin)	200 mg **
Fruit/vegetable proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (Diospyros kaké) powders)	200 mg **
Taurine	200 mg **
Wild blueberry anthocyanin extract (fruit)	200 mg **
Sensoril® Ashwagandha extract (root, leaf) (std. to 32% oligosaccharides, 10% glycoside conjugates)	150 mg **
Shilajit (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 **
MicroSeed™ bilberry extract (fruit)	30 mg **
BioVin® grape proanthocyanidin extract (whole grape)	25 mg **
Leucoselect™ grape seed proanthocyanidin extract	25 mg **
Bio-Quercetin phytosome (providing 5 mg quercetin [from Japanese sophora concentrate (flower bud)], phospatidylcholine complex [from sunflower])	15 mg **
Bromelain (from pineapple (stem)) (2400 gelatin digestive units (gram))	15 mg **
Lutein (from marigold extract (flower)) (providing 485 mcg trans-zeaxanthin)	15 mg **
Olive extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg **
Sesame seed lignan extract	10 mg **
Luteolin (from Japanese sophora (flower bud))	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 equivalents), **DFE (dietary folate equivalents), *NE (niacin equivalents).

Store tightly closed in a cool, dry place.

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.

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▲ WARNING: Reproductive Harm - www.P65Warnings.ca.gov.

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

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.

DIRECTIONS: Take three (3) scoops daily in divided doses with meals, or as recommended by a healthcare practitioner. Powder may not completely dissolve.

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 50 mcg (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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