

Scan for
product info



LIFE
EXTENSION®

Life Extension Mix™ Tablets without Copper

State-of-the-Art
Multi-Nutrient Formula

240 TABLETS

DIETARY
SUPPLEMENT

L02365D

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.....1078%
Vitamin D3 (as cholecalciferol) (2,000 IU)	50 mcg.....250%
Vitamin E (as D-alpha-tocopheryl succinate, D-alpha-tocopherol)	67 mg.....47%
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*.....188%
Vitamin B6 (as pyridoxal 5-phosphate (100 mg), pyridoxine HCl (5 mg))	105 mg.....6167%
Folate (as L-5-methyltetrahydrofolate calcium salt)	400 mcg*.....100%
Vitamin B12 (as methylcobalamin)	600 mcg.....25000%
Biotin	3000 mcg.....12000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	600 mg.....38%
Calcium (as dicalcium phosphate, Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)	500 mg.....100%
Iodine (as potassium iodide)	150 mcg.....100%
Magnesium (as magnesium oxide, citrate, arginate, glycinate, laurinate, 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%
Manganese (as manganese citrate, gluconate)	1 mg.....43%
Chromium (as Chrominex® 3+ chromium stabilized with Capros® amla extract fruit, Primavie® Shilait)	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-glucarate]	725 mg.....**
N-acetyl-L-cysteine (NAC)	600 mg.....**
Decaffeinated green tea extract (leaf) (std. to 45% epigallocatechin gallate (EGCG))	320 mg.....**
Acerola extract 4:1 (berry)	300 mg.....**
Inositol	250 mg.....**
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin)	200 mg.....**
Fruityberry proprietary blend [European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (<i>Oesgyros kaki</i>) 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.....**
POMELLA® pomegranate extract (fruit) (std. to 30% punicalagins)	85 mg.....**
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	30 mg.....**
MirtoSelect® bilberry extract (fruit)	60 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.....**
Bonnelin (from pineapple (stem)) (2400 pepsin digestive units (gram))	15 mg.....**
Lutein (from marigold extract (flower)) (providing 465 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	3 mg.....**
Boron (as boron amino acid chelate)	5 mg.....**
Lycopene (from Lycobeads® natural tomato extract (fruit))	3 mg.....**
Delphinidin (from Delphinol®2 naqui berry (<i>Arctostaphylos 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 equivalents). **DFE (dietary folate equivalents). *NE (niacin equivalents).

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.

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.

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 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.

1- CherryPure® is a registered trademark of Shoreline Fruit, LLC. 2- Delphinol® is a registered trademark of MNL. 3- L-OptiZinc® & logo are registered trademarks of Lonza 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- 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- MirtoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 11 - Sensoril® is protected under US Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreon, Inc.

Store tightly closed in a cool, dry place.

