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**LIFE**  
**EXTENSION®**

# One-Per-Day Tablets

**1**  
DAILY

High Potency Multivitamin  
& Mineral Supplement

**60** TABLETS

DIETARY  
SUPPLEMENT

**NON**  
**GMO**  
LE CERTIFIED

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                                                                                                                                | % Daily Value  |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Vitamin A (as beta-carotene, acetate) (5,000 IU)                                                                                                  | 1500 mcg* 167% |
| Vitamin C (as ascorbic acid, calcium and niacinamide ascorbates)                                                                                  | 470 mg 522%    |
| 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)                                                                                                           | 75 mg 6250%    |
| Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)                                                                                  | 50 mg 3846%    |
| Niacin (as niacinamide, niacinamide ascorbate)                                                                                                    | 50 mg* 313%    |
| Vitamin B6 (as pyridoxine HCl, pyridoxal 5'-phosphate)                                                                                            | 75 mg 4412%    |
| Folate (as L-5-methyltetrahydrofolate calcium salt)                                                                                               | 400 mcg* 100%  |
| Vitamin B12 (as methylcobalamin)                                                                                                                  | 300 mcg 12500% |
| Biotin                                                                                                                                            | 50 mcg 1000%   |
| Pantothenic acid (as D-calcium pantothenate)                                                                                                      | 50 mg 1000%    |
| Iodine (as potassium iodide)                                                                                                                      | 150 mcg 100%   |
| Magnesium (as magnesium oxide)                                                                                                                    | 100 mg 24%     |
| Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)                                                                                | 25 mg 227%     |
| Selenium (as sodium selenite, SelenoExcell® high selenium yeast, Se-methyl L-selenocysteine)                                                      | 200 mcg 364%   |
| Manganese (as manganese citrate, gluconate)                                                                                                       | 2 mg 87%       |
| Chromium (as Chrominex® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit)                                             | 200 mcg 571%   |
| Molybdenum (as molybdenum amino acid chelate)                                                                                                     | 100 mcg 222%   |
| Inositol                                                                                                                                          | 50 mg **       |
| Alpha lipolic acid                                                                                                                                | 25 mg **       |
| Natural mixed tocopherols (providing gamma, delta, alpha, beta)                                                                                   | 20 mg **       |
| Bio-Quercetin phytosome (providing 5 mg quercetin [from Japanese sophora concentrate (flower bud)], phosphatidylcholine complex [from sunflower]) | 15 mg **       |
| Marigold extract (flower)<br>[std. to 5 mg <i>trans</i> -lutein, 155 mcg <i>trans</i> -zeaxanthin]                                                | 11.12 mg **    |
| Apigenin                                                                                                                                          | 5 mg **        |
| Boron (as boron amino acid chelate)                                                                                                               | 3 mg **        |
| Lycopene [from Lycobeads® natural tomato extract (fruit)]                                                                                         | 1 mg **        |

\*\*Daily Value not established.

\*RAE (retinol activity equivalents). \*DFE (dietary folate equivalents). \*NE (niacin equivalents).

Other ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, starch, maltodextrin, dicalcium phosphate, vegetable stearate, silica, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin).

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) tablet daily with meals, or as recommended by a healthcare practitioner.

**CAUTION:** 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.

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.

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.



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