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product info



# Life Extension Mix™ Capsules

State-of-the-Art  
Multi-Nutrient Formula

L02354C

360 CAPSULES

DIETARY  
SUPPLEMENT

| Supplement Facts                                                                                                                                   |  |                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------|
| Serving Size 12 Capsules • Servings Per Container 30                                                                                               |  |                       |
| Amount Per Serving                                                                                                                                 |  | % Daily Value         |
| Vitamin A (as beta-carotene, acetate) (5,000 IU)                                                                                                   |  | 1600 mcg* ..... 167%  |
| Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)                   |  | 970 mg ..... 1076%    |
| 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* ..... 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 ..... 25000%  |
| Biotin                                                                                                                                             |  | 3000 mcg ..... 10000% |
| Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine)                                                                                |  | 600 mg ..... 12000%   |
| Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate, dicalcium phosphate)                                                             |  | 140 mg ..... 11%      |
| Iodine (as potassium iodide)                                                                                                                       |  | 150 mcg ..... 100%    |
| Magnesium (as magnesium oxide, citrate, apigenate, glycinate, laurinate, ascorbate)                                                                |  | 420 mg ..... 100%     |
| Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)                                                                                 |  | 35 mg ..... 318%      |
| Selenium (as sodium selenate, SelenoExcel® 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®)                                                                                       |  | 500 mcg ..... 1429%   |
| Amia extract (fruit), PrimaVe® Shijait                                                                                                             |  |                       |
| 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 ..... **       |
| Decafinated 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 (Oleapros® (akt) 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 ..... **        |
| POMECLA® 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 ..... **        |
| Leucosselect® grape seed proanthocyanidin extract                                                                                                  |  | 25 mg ..... **        |
| Bio-Quercetin phytosome (providing 5 mg quercetin [from Japanese sphonora concentrate (flower bud)], phosphatidylcholine complex [from sunflower]) |  | 15 mg ..... **        |
| Bomelanin (from pineapple stem) (2400 gelatin digestive units/gran)                                                                                |  | 15 mg ..... **        |
| Lutein (from marigold extract (flower)) (providing 65 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 buds)]                                                                                                     |  | 8 mg ..... **         |
| Apigenin                                                                                                                                           |  | 5 mg ..... **         |
| Boron (as boron amino acid chelate)                                                                                                                |  | 3 mg ..... **         |
| Lycopene (from Lycobeads® natural tomato extract (fruit))                                                                                          |  | 3 mg ..... **         |
| Daphniphidin (from Daphnol® maqui berry (Aristotelia chilensis) extract (fruit))                                                                   |  | 2 mg ..... **         |
| Cyanidin-3-glucoside (CSG) [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: gelatin (capsule), maltodextrin, vegetable stearate, silica, microcrystalline cellulose, starch.  
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.

Store tightly closed in a cool, dry place.

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 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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