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Life Extension Mix™ Powder

State-of-the-Art
Multi-Nutrient Formula

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

DIETARY
SUPPLEMENT

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, ascoric 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	25000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	300 mg	12000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-gluconate, dicalcium phosphate)	600 mg	1200%
Iodine (as potassium iodide)	140 mg	11%
Magnesium (as magnesium oxide, citrate, arginate, glycinate, taurinate, ascorbate)	150 mcg	100%
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)	420 mg	100%
Selenium (as sodium selenite, SelenoExcel® high selenium yeast Se-methyl L-selenocysteine)	35 mg	318%
Copper (as copper bisglycinate chelate (TRACS®))	200 mcg	364%
Manganese (as manganese citrate, gluconate)	1 mg	111%
Chromium (as Chromium® 3+ chromium stabilized with Capros®)	1 mg	43%
ania extract (fruit), PrimaVie® Shilajit	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-gluconate)	725 mg	**
N-acetyl-L-cysteine (NAC)	600 mg	**
Decaffeinated green tea extract (leaf) [std. to 30% polyphenols]	325 mg	**
45% epigallocatechin gallate (EGCG)	300 mg	**
Acacia extract 4:1 (berry)	200 mg	**
Inulin	200 mg	**
Bitter orange citrus bioflavonoid (peel, fruit) [std. to 50% hesperidin]	200 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	**
POMELLA® pomegranate extract (fruit) [std. to 30% punicalagins]	65 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 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, 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	**
Delphinidins (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). **DPE (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: maltodextrin, natural orange flavor, silica, stevia extract, luohanguo 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.

Store tightly closed in a cool, dry place.

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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