



LIFE
EXTENSION®

Life Extension Mix™ Tablets with Extra Niacin

State-of-the-Art
Multi-Nutrient Formula

240 TABLETS

DIETARY
SUPPLEMENT

L02357D

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 mcg167%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, ascorbic palmitate, Vitamin D3 (as cholecalciferol) (2,000 IU).....	50 mcg250%
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol).....	67 mg447%
Thiamine (Vitamin B1) (as thiamine HCl).....	125 mg10417%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate).....	160 mg3846%
Niacin (as 60% niacinamide, 39% niacin, 1% niacinamide ascorbate).....	862 mg5368%
Vitamin B6 (as pyridoxal 5-phosphate (100 mg), pyridoxine HCl (5 mg)).....	105 mg6176%
Folate (as L-5-methyltetrahydrofolate calcium salt).....	400 mcg100%
Vitamin B12 (as methylcobalamin).....	3000 mcg25000%
Biotin.....	6000 mcg10000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenic acid).....	600 mg12000%
Calcium (as dicalcium phosphate, Ca ascorbate, D-calcium pantothenate, Ca D-glucarate).....	500 mg38%
Iodine (as potassium iodide).....	150 mcg100%
Magnesium (as magnesium oxide, citrate, arginate, glycinate, taurinate, ascorbate).....	420 mg100%
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate).....	35 mg318%
Selenium (as sodium selenite, SelenoCell® high selenium yeast, Se-methyl L-selenocysteine).....	200 mcg364%
Copper (as copper bisglycinate chelate (TRACS®)).....	1 mg111%
Manganese (as manganese citrate, gluconate).....	1 mg43%
Chromium (as Chromax® 3+ chromium stabilized with Capros®).....	500 mcg1429%
ania extract (fruit, PrimaVie® Shilajit).....	
Molybdenum (as molybdenum amino acid chelate).....	125 mcg278%
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 **
Acai extract 4:1 (berry).....	300 mg **
Inositol.....	250 mg **
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin).....	200 mg **
Frulberry 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 **
Shiyanan (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).....	60 mg **
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols).....	30 mg **
MiroSelect® bilberry extract (fruit).....	30 mg **
BioVio® grape proanthocyanidin extract (whole grape).....	25 mg **
Leucosellect® 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 Lycocel® natural tomato extract (fruit)).....	3 mg **
Delphinidin (from Delphinol® maqui berry (Aristotelia chilensis) extract (fruit)).....	2 mg **
Cyanidin-3-glucoside (3CG) (from black current 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.

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Store tightly closed in a cool, dry place.

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