

Scan for
product info



LIFE
EXTENSION®

Life Extension Mix™ Capsules without Copper

State-of-the-Art
Multi-Nutrient Formula

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)	1500 mcg* 167%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)	370 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%
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, arginate, glycinate, tartrate, ascorbate)	420 mg 100%
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)	35 mg 318%
Selenium (as sodium selenite, SelenoCell® high selenium yeast, Se-methyl L-selenocysteine)	200 mcg 384%
Manganese (as manganese citrate, gluconate)	1 mg 43%
Chromium (as Cromium® 3+, Capro® chromium stabilized with Capro® amle extract fruit), PrimaVie® bilajit)	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 **
Decafinated green tea extract (leaf) (std. to 325 mg	
45% epigallocatechin gallate (EGCG)	
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 (<i>Diospyros kaki</i>) powders)	200 mg **
Taurine	200 mg **
Wild blueberry anthocyanidin extract (fruit)	150 mg **
Sensoril® Ashwagandha extract (root, leaf) (std. to 32% oligosaccharides, 10% glycoside conjugates)	125 mg **
Synxanin from milk thistle extract (seed)	100 mg **
Triethylglycine (TME) (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® glibery extract (fruit)	30 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))	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 **
Aogelin®	5 mg **
Boron (as boron amino acid chelate)	3 mg **
Lycopene from Lycopodium® natural tomato extract (fruit)	3 mg **
Delphinidin (from Delphinol® natul berry (<i>Aristida chinensis</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). °DFFE (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.

7

37870 23643 6

Store tightly closed in a cool, dry place.



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.

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.

1- CherryPure® is a registered trademark of Shoreline Fruit, LLC. 2- Delphinol® is a registered trademark of MNL. 3- L-OptiZinc® and logo are registered trademarks of Lonza or its affiliates. 4- Leucoslect® is a registered trademark of Indena S.p.A. 5- BioVin® is a registered trademark of Cypress Systems Inc. 6- Cromium® 3+, Capro®, and PrimaVie® are registered trademarks of Natreon, Inc. 7- POMECLA® is a registered trademark of Cyvex Nutrition dba Bioriginal. 8- Lycopred Lycopene® is a registered trademark of Lycopred; Orange, New Jersey. 9- POMECLA® Extract is covered under U.S. Patent 7,638,640 and POMECLA® 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.

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