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LIFE
EXTENSION®

Two-Per-Day Capsules



GLUTEN FREE



High Potency Multivitamin
& Mineral Supplement

60

CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 2 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 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)	680 mcg* 170%
Vitamin B12 (as methylcobalamin)	300 mcg 12500%
Biotin	300 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 Crominex® 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 lipoic 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 (<i>Tagetes erecta</i>) (flower) (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: vegetable cellulose (capsule), starch, maltodextrin, vegetable stearate, dicalcium phosphate, silica, microcrystalline cellulose.

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

DIRECTIONS: Take two (2) capsules daily in divided doses 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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