

Once-Daily Health Booster*

Lycobeads® is a registered trademark of Lycored, Corp.
SelenoExcell® is a registered trademark of Cypress Systems Inc.
L-OptiZinc® is a Lonza trademark, registered in USA.
LuteinPlus® and MZ® are registered trademarks of Nutriproducts Ltd., UK, licensed under U.S. Patent 8,623,428.
Crominex® 3+, Capros® and PrimaVie® are patent protected and registered trademarks of Natreon, Inc.
Q+®, Kaneka Ubiquinol™, and the quality seal™ are registered or pending trademarks of Kaneka Corp.



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.

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

Pkg02498CE

Supplement Facts		
Serving Size 1 Softgel		
Amount Per Serving	% Daily Value	
Vitamin E (as D-alpha tocopherol)	30.2 mg	201%
Vitamin K activity from:	2600 mcg	2167%
Vitamin K1 (as phytanadione)	1500 mcg	
Vitamin K2 (as menaquinone-4)	1000 mcg	
Vitamin K2 (as <i>trans</i> -menaquinone-7)	100 mcg	
MacuGuard® proprietary blend: phospholipids, marigold extract (<i>Tagetes erecta</i>) (flower) [providing 10 mg free lutein, 4 mg <i>meso</i> -zeaxanthin & <i>trans</i> -zeaxanthin], mixed carotenoids [providing 1.24 mg α -carotene]	173 mg	**
Chlorophyllin (as sodium magnesium chlorophyllin)	100 mg	**
Mixed tocotrienols	55 mg	**
Saffron extract (stigma)	20 mg	**
Lycopene [from tomato (fruit) extract]	10 mg	**
**Daily Value not established.		

Other Ingredients: flax seed oil, gelatin, glycerin, safflower oil, corn oil, purified water, beeswax, palm oil, acacia gum, carob color, microcrystalline cellulose, highly refined soybean oil, maltodextrin.

Curcumin Elite™
Turmeric Extract

Supplement Facts		
Serving Size 1 Vegetarian Capsule		
Amount Per Serving	% Daily Value	
Curcumin Elite™ Proprietary CGM blend providing 40% curcuminoids (200 mg) and 3% turmerones (15 mg) [from turmeric (rhizome)], 30% galactomannans (150 mg) [from fenugreek (seed)]	500 mg	**
**Daily Value not established.		

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetable stearate, silica.



Comprehensive
Nutrient Packs
ADVANCED



Daily Supply of Key Nutrients
in Convenient Packets

30 PACKETS | DIETARY SUPPLEMENT

Super Ubiquinol CoQ10 100 mg
with Enhanced Mitochondrial
Support™**

Supplement Facts		
Serving Size 1 Softgel		
Amount Per Serving	% Daily Value	
Calories	5	
Total Fat	0.5 g	1%†
Ubiquinol (as Kaneka Ubiquinol™)	100 mg	**
PrimaVie® Shilajit fulvic acid complex	100 mg	**
**Daily Value not established. †Based on a 2,000 calorie per day diet.		

Other ingredients: sunflower oil, gelatin, glycerin, purified water, beeswax, sunflower lecithin, annatto color.

Super Omega-3 EPA/DHA Fish Oil,
Sesame Lignans & Olive Extract

Supplement Facts		
Serving Size 2 Softgels • Servings Per Container 30		
Amount Per Serving	% Daily Value	
Calories	25	
Total Fat	2.5 g	4%†
Cholesterol	<5 mg	2%†
Pure+™ Wild Fish Oil Concentrate	2000 mg	**
Yielding: EPA (eicosapentaenoic acid)	700 mg	**
DHA (docosahexaenoic acid)	500 mg	**
Polyphen-Oil™ Olive extract (fruit and leaf) [providing 19.5 mg polyphenols, 5.2 mg hydroxytyrosol/tyrosol, 4.4 mg verbascoside/oleuropein]	300 mg	**
Sesame seed lignan extract	10 mg	**
**Daily Value not established.		
†% Daily Values are based on a 2,000 calorie diet.		

Other ingredients: highly refined fish oil concentrate (Anchovy), gelatin, glycerin, purified water, silica, beeswax, caramel color, natural flavor, sunflower lecithin, mixed tocopherols, maltodextrin, rosemary extract.
Contains sesame.

DIRECTIONS: Take one (1) packet daily with a meal, or as recommended by a healthcare practitioner. To ensure product consistency, store tightly closed in a cool, dry place.

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. If you are taking a vitamin K antagonist (e.g. warfarin), consult your healthcare practitioner before taking this product.

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.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Two-Per-Day Capsules

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.