



01/2024
M22055C08



**LIFE
EXTENSION®**

Life Extension Mix™ Capsules



GLUTEN FREE

State-of-the-Art
Multi-Nutrient Formula

360

CAPSULES

DIETARY
SUPPLEMENT

L02354G

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, ascoroyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)	970 mg 1078%
Vitamin D3 (as cholecalciferol) (2,000 IU)	50 mcg 250%
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	125 mg 447%
Thiamine (Vitamin B1) (as thiamine HCl)	67 mg 10417%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate)	50 mg 3946%
Niacin (as 61% niacinamide, 38% niacin, 1% niacinamide extract)	190 mg* 1188%
Vitamin B6 (as pyridoxal 5-phosphate (100 mg), pyridoxine HCl (5 mg))	105 mg 170%
Folate (as L-5-methyltetrahydrofolate calcium salt)	680 mcg* 170%
Vitamin B12 (as methylcobalamin)	600 mcg 25000%
Biotin	3000 mcg 10000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	140 mg 12000%
Calcium (as Ca ascorbate, D-calcium pantothenate, dicalcium phosphate)	150 mcg 11%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide, citrate, arginate, glycinate, taurinate, ascorbate)	420 mg 100%
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)	35 mg 318%
Selenium (as sodium selenite, SelenoExcell® high selenium yeast)	200 mcg 364%
Se-methyl L-selenocysteine	1 mg 111%
Copper (as copper bisglycinate chelate)	1 mg 43%
Manganese (as manganese citrate, gluconate)	500 mcg 1428%
Chromium (as Chrominex® 3+, chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit)	125 mcg 278%
Molybdenum (as molybdenum amino acid chelate)	35 mcg 51%
Potassium (as potassium citrate)	600 mg 600 mg
N-acetyl-L-cysteine (NAC)	525 mg 525 mg
Broccoli concentrate blend (broccoli powder, extract (sprout, floret, seed) (providing glucosinolates, sulforaphane))	325 mg 325 mg
Decaffeinated green tea extract (leaf)	300 mg 300 mg
(std. to 45% epigallocatechin gallate (EGCG))	250 mg 250 mg
Inositol	200 mg 200 mg
Acerola extract 4:1 (berry)	200 mg 200 mg
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin)	200 mg 200 mg
Fruit/berry proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (Diospyros kaki) powders)	200 mg 200 mg
Taurine	150 mg 150 mg
Wild blueberry anthocyanin extract (fruit)	125 mg 125 mg
Sensocil® Ashwagandha extract (root, leaf) (std. to 32% oligosaccharides, 10% glycoside conjugates)	100 mg 100 mg
Shilajit (from milk thistle extract (seed))	100 mg 100 mg
Trimethylglycine (TMG) (as betaine anhydrous)	85 mg 85 mg
CherryPURE® sour cherry (tart cherry) proanthocyanidin powder (skin)	85 mg 85 mg
POMELELLA® punica granate extract (fruit) (std. to 30% punicic acid)	30 mg 30 mg
MitoSelect® grape seed proanthocyanidin extract (whole grape)	25 mg 25 mg
BioVine® grape proanthocyanidin extract (whole grape)	15 mg 15 mg
Bio-Quercetin® phytosome (providing 5 mg quercetin [from Japanese sophora concentrate (flower bud)], phosphatidylcholine complex [from sunflower])	15 mg 15 mg
Bromelain (from pineapple (stem)) (2400 gelatin digestive units/gram)	15 mg 15 mg
Lutein (from marigold extract (Tagetes erecta) (flower))	15 mg 15 mg
(providing 465 mcg trans-zeaxanthin)	15 mg 15 mg
Olive extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg 12.5 mg
Sesame seed lignan extract	10 mg 10 mg
Lutein (from Japanese sophora (flower buds))	8 mg 8 mg
Apigenin	5 mg 5 mg
Boron (as boron amino acid chelate)	3 mg 3 mg
Lycopene (from Lycobeads® natural tomato extract (fruit))	3 mg 3 mg
Delphinol® (from Delphinol®® maqui berry (Aristotelia chilensis) extract (fruit))	2 mg 2 mg
Cyanidin-3-glucoside (C3G) [from black currant extract (fruit)]	1.25 mg 1.25 mg

*Daily Value not established.

†RAE (retinol activity equivalents). †DFF (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 damaged.
- 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: gelatin (capsule), maltodextrin, silica, microcrystalline cellulose, vegetable stearate, starch. Contains sesame.
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. Bioengineered Food.

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. Individuals with in-born errors of copper metabolism (e.g. Wilson's disease) should avoid daily, chronic use of this product.

1- CherryPURE® is a registered trademark of Shoreline Fruit, LLC. 2- Delphinol® is a registered trademark of MNL. 3- L-OptiZinc® is a Lonza trademark, registered in USA. 4- SelenoExcell® is a registered trademark of Cypress Systems Inc. 5- Chrominex® 3+, Capros® and PrimaVie® are registered trademarks of Natron, Inc. 6- Leucoslect® is a registered trademark of Indena S.p.A. 7- BioVine® is a registered trademark of Cyvex Nutrition. 8- Lycopene (from Lycobeads®) is a registered trademark of Lycopore; Orange, New Jersey. 9- POMELELLA® Extract is covered under U.S. Patent 7,638,640 and POMELELLA® is a registered trademark of Verdure Sciences, dba Bioginial. 10- MitoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 11- Sensocil® is protected under US Patent No. 7,318,938 and is a registered trademark of Natron, Inc.

