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LIFE
EXTENSION®

Life Extension Mix™ Capsules without Copper



GLUTEN FREE

State-of-the-Art
Multi-Nutrient Formula

L02364E

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, niacininide ascorbate, acerola extract)	970 mg 1078%
Vitamin D3 (as cholecalciferol) (2,000 IU)	50 mcg 2500%
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)	680 mcg* 170%
Vitamin B12 (as methylcobalamin)	600 mcg 25000%
Biotin	3000 mcg 10000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	600 mg 12000%
Calcium (as Ca ascorbate, D-calcium pantothenate, dicalcium phosphate)	140 mg 11%
Biotin (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 316%
Selenium (as sodium selenite, SelenoExcel™, high selenium yeast)	200 mcg 384%
Se-methyl L-selenocysteine	1 mg 43%
Manganese (as manganese citrate, gluconate)	500 mcg 1429%
Chromium (as Chromium Picolinate, Chromium stabilized with Capros™)	125 mcg 276%
Amia extract (fruit), PrimaVie® (Stinging)	35 mcg 51%
Molybdenum (as molybdenum amino acid chelate)	600 mcg 100%
Potassium (as potassium citrate)	325 mg 100%
N-acetyl-L-cysteine (NAC)	300 mg 100%
Broccoli concentrate blend (broccoli powder, extract (sprout, floret, seed) (providing glucinoinates, sulforaphane)	250 mg 100%
Decaffeinated green tea extract (leaf)	200 mg 100%
Istd. to 45% epigallocatechin gallate (EGCG)	200 mg 100%
Acerola extract 4:1 (berry)	200 mg 100%
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin)	200 mg 100%
Fruit/berry proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (Diospyros kaki) powders)	200 mg 100%
Taurine	150 mg 100%
Wild blueberry anthocyanin extract (fruit)	125 mg 100%
Sensoril® Ashwagandha extract (root, leaf) (std. to 32% oligosaccharides, 10% glycoside conjugates)	100 mg 100%
Silymarin (from milk thistle extract (seed))	100 mg 100%
Triethylglycine (TMG) (as betaine anhydrous)	85 mg 100%
CherryPure™ sour cherry (tart cherry) proanthocyanidin powder (skin)	85 mg 100%
POMELLA™ pomegranate extract (fruit) (std. to 30% punicalagins)	85 mg 100%
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	85 mg 100%
MirtoSelect™ bilberry extract (fruit)	30 mg 100%
BioVine™ grape proanthocyanidin extract (whole grape)	25 mg 100%
Leucocellect™ grape seed proanthocyanidin extract	25 mg 100%
Bio-Quercetin pyrisosone (providing 5 mg quercetin (from Japanese sophora concentrate (flower bud), phosphatidylcholine complex (from sunflower) Bromelain (from pineapple (stem)) (2400 gelatin digestive units/gram)	15 mg 100%
Lutein (from marigold extract (Tagetes erecta) (flower))	15 mg 100%
(providing 465 mcg trans-zeaxanthin)	15 mg 100%
Olive extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg 100%
Sesame seed lignan extract	10 mg 100%
Lutein (from Japanese sophora (flower bud))	8 mg 100%
Ascorbin	5 mg 100%
Boron (as boron amino acid chelate)	3 mg 100%
Lycopene (from Lycobeads™ natural tomato extract (fruit))	3 mg 100%
Dolphindins (from Dolphindol™ maqui berry (Aristotelia chilensis) extract (fruit))	2 mg 100%
Dyandlin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg 100%

*Daily Value not established.

†DHE (retinol activity equivalents). †DPE (dietary folate equivalents). *NE (niacin equivalents).

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.

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

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

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