



02/2024

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**LIFE
EXTENSION®**

Life Extension Mix™ Powder



GLUTEN FREE

**State-of-the-Art
Multi-Nutrient Formula**

**NET WT. 360 G
(0.79 LB. OR 12.70 OZ.)**

**DIETARY
SUPPLEMENT**

L02356G

Supplement Facts

Serving Size 3 Scoops (approx. 12 grams) • Servings Per Container About 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)	970 mg 1078%
Vitamin D3 (as cholecalciferol) (2,000 IU)	50 mcg 250%
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	57 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 170%
Folate (as L-5-methyltetrahydrofolate calcium salt)	680 mcg* 170%
Biotin	600 mcg 25000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	3000 mcg 120000%
Calcium (as Ca ascorbate, D-calcium pantothenate, dicalcium phosphate)	600 mg 120000%
Iodine (as potassium iodide)	140 mcg 11%
Magnesium (as magnesium oxide, citrate, arginate, glycinate, taurinate, ascorbate)	150 mcg 100%
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)	420 mg 100%
Selenium (as sodium selenite, SelenoExcel® high selenium yeast)	35 mg 318%
Se-methyl L-selenocysteine	200 mcg 364%
Copper (as copper bisglycinate chelate (TRAACS®))	1 mg 111%
Manganese (as manganese citrate, gluconate)	1 mg 43%
Chromium (as Chrominex® 3+, chromium stabilized with Capros®)	500 mcg 1429%
Amia extract (fruit), PrimaVie® SHajig	125 mcg 278%
Molybdenum (as molybdenum amino acid chelate)	35 mcg <1%
Potassium (as potassium citrate)	600 mg
N-acetyl-L-cysteine (NAC)	600 mg
Broccoli concentrate blend (broccoli powder, extract (sprout, floret, seed) providing glucosinolates, sulforaphane)	525 mg
Omega-3 fatty acids (from fish oil) (EPA/DHA)	325 mg
Acacia extract 4:1 (berry)	300 mg
Inositol	200 mg
Bitter orange citrus bioflavonoid (peel, fruit) (std. to 50% hesperidin)	200 mg
Fruit/vegetable proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (Diospyros kaké) powders)	200 mg
Taurine	200 mg
Wild blueberry anthocyanin extract (fruit)	150 mg
Sensoril® Ashwagandha extract (root, leaf) (std. to 32% oligosaccharides, 10% glycoside conjugates)	125 mg
Silymarin (from milk thistle extract (seed))	100 mg
Trimethylglycine (TMG) (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)	60 mg
MiroSelect® bilberry extract (fruit)	30 mg
BioVine® grape proanthocyanidin extract (whole grape)	25 mg
LeucoSelect® grape seed proanthocyanidin extract	25 mg
Bio-Quercetin phytosome (providing 5 mg quercetin from Japanese sophora concentrate (flower bud), phosphatidylcholine complex (from sunflower))	15 mg
Lutein (from pineapple (stem)) (2400 gelatin digestive units/gram)	15 mg
Lutein from marigold extract (Tagetes erecta) (flower)	15 mg
(providing 465 mcg trans-zeaxanthin)	15 mg
Olive seed extract (fruit) providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	125 mg
Sesame seed lignan extract	10 mg
Luteolin (from Japanese sophora (flower bud))	10 mg
Apigenin	5 mg
Boron (as boron amino acid chelate)	5 mg
Lycopene (from Lycobeads® natural tomato extract (fruit))	3 mg
Delphinidin (from Delphinol® es maqui berry (Aristotelia chilensis) extract (fruit))	2 mg
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg

*Daily Value not established.

†NAC (retinol activity equivalents). †DHE (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.
- If you experience any adverse effects, discontinue use and consult your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

⚠ WARNING: Reproductive Harm - www.P05Warnings.G0.gov.

Other ingredients: maltodextrin, natural orange flavor, stevia extract, silica, modified food starch, natural, luo huan guo extract.

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 three (3) scoops daily in divided doses with meals, or as recommended by a healthcare practitioner. Powder may not completely dissolve.

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.

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