



12/2022
M21019B06



**LIFE
EXTENSION®**

Life Extension Mix™ Tablets



GLUTEN FREE

State-of-the-Art
Multi-Nutrient Formula

240 TABLETS | **DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 8 Tablets • 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, 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)	67 mg	447%
Thiamine (vitamin B1) (as thiamine HCl)	125 mg	10417%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	50 mg	3946%
Niacin (as 61% niacinamide, 38% niacin, 1% niacinamide ascorbate)	190 mg	1186%
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 panthethine)	600 mg	12000%
Calcium (as dicalcium phosphate, Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)	500 mg	38%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, citrate, arginate, glycinate, tartrate, 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, Se-methyl-L-selenocysteine)	200 mcg	364%
Copper (as copper bisglycinate chelate (TBACCS®))	1 mg	111%
Manganese (as manganese citrate, gluconate)	1 mg	43%
Chromium (as ChromiCin® 3+ chromium stabilized with Capros®)	500 mcg	1429%
amla extract (fruit), PrimaVie® Siliat®)	125 mcg	21%
Molybdenum (as molybdenum amino acid chelate)	35 mcg	<1%
Potassium (as potassium citrate)	725 mg	
Broccoli concentrate blend (broccoli powder, extract (sprout, floret, seed) providing glucosinolates, sulforaphane), calcium D-glucarate)	600 mg	
N-acetyl-L-cysteine (NAC)	325 mg	
Dandelion root extract (leaf) (std. to 45% apigenin/caffeoyl galate (EGCG))	250 mg	
Acacia extract 4:1 (berry)	250 mg	
Inositol	200 mg	
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin)	200 mg	
FruitBerry proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (diospyros kaki) powders)	200 mg	
Taurine	200 mg	
Wild Blueberry anthocyanin extract (fruit)	150 mg	
Sensonil® Ashwagandha extract (root, leaf) (std. to 32% oligosaccharides, 10% glycoside conjugates)	125 mg	
Silymarin (from milk thistle extract (seed))	100 mg	
TimeThyroglycine (TMG) (as betaine anhydrous)	100 mg	
CherryPURE® sour cherry (tart berry) 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	
MitoSelect® bilberry extract (fruit)	30 mg	
BioVin® grape proanthocyanidin extract (whole grape)	25 mg	
Leucosel® grape seed proanthocyanidin extract	15 mg	
Bio-Quercetin phytosome (providing 5 mg quercetin [from Japanese sophora concentrate (flower bud)], phosphatidylcholine complex (from sunflower))	15 mg	
Bromelain (from pineapple (stem)) (2400 gelatin digestive units/gram)	15 mg	
Lutein (from marigold extract (Tagetes erecta) (flower))	10 mg	
(providing 465 mcg trans-zeaxanthin)	10 mg	
Olive extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg	
Sesame seed lignan extract	10 mg	
Luteolin (from Japanese sophora (flower bud))	10 mg	
Apigenin	5 mg	
Boron (as boron amino acid chelate)	3 mg	
Lycopene from Lycobeads® natural tomato extract (fruit)	3 mg	
Delphinolins from Delphinol® magal berry (Aristotelia chilensis) extract (fruit)	2 mg	
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg	

*Daily Value not established.

*NE (nicotin equivalents), *DVE (dietary folate equivalents), *DVE (dietary folate equivalents).

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: microcrystalline cellulose, maltodextrin, stearic acid, croscarmellose sodium, silica, vegetable stearate, starch, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin).

Manufactured for: Quality Supplements and Vitamins, Inc. • Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-260-2852.

DIRECTIONS: Take eight (8) tablets 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® and logo are trademarks of Lonza or its affiliates. 4-SelenoExcell® is a registered trademark of Cypress Systems Inc. 5-Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Watson, Inc. 6-Leucosellect® is a registered trademark of Indena S.p.A. 7-BioVin® is a registered trademark of Cyrex Nutrition. 8-Delphinol®, 8-Lycodex Lycobeads® is a registered trademark of Lycored; Orange, New Jersey. 9-POMELLA® Extract is covered under U.S. Patent 7,638,640 and POMELLA® is a registered trademark of Vardare Sciences, Inc. 10-MitoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 11-Sensonil® is provided under US Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreen, Inc. 12-TBACCS® is a registered trademark of Albion Laboratories, Inc.

Store tightly closed in a cool, dry place.

