



09/2024
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LIFE
EXTENSION[®]

Life Extension
Mix™ Tablets
with Extra Niacin



GLUTEN FREE

State-of-the-Art
Multi-Nutrient Formula

240

TABLETS

DIETARY
SUPPLEMENT

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

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-Dolphin[®] is a registered trademark of MNL. 3-L-CoptiZinc[®] is a Lonza trademark, registered in USA. 4-SelenoExcel[®] is a registered trademark of Natreon, Inc. 5-Crominex[®] 3+, Capros[®] and PrimaVie[®] are registered trademarks of Cyper Nutrition Cypress Systems Inc. 6-Leucoselect[®] is a registered trademark of Indena S.p.A. 7-BioVin[®] is a registered trademark of Vitaris Nutrition. 8-Lycored LycoBeads[®] is a registered trademark of Lycored; Orange, New Jersey. 9-PMELLA[®] Extract is covered under U.S. Patent 7,638,640 and PMELLA[®] is a registered trademark of Vitaris Nutrition. 10-MirtoSelect[®] is a registered trademark of Indena, S.p.A., Milan, Italy. 11-Sensril[®] is protected under US Patent No. 7,318,938 and is a registered trademark of Natreon, Inc.

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, ascorla 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 ... 3846%
Niacin (as 60% niacinamide, 39% niacin, 1% niacinamide ascorbate)	862 mg* ... 5388%
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)	300 mcg ... 25000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenate)	3000 mcg ... 10000%
Calcium (as dicalcium phosphate, Ca ascorbate, D-calcium pantothenate)	500 mg ... 12000%
Iodine (as potassium iodide)	500 mcg ... 38%
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, SelenoExcel [®] high selenium yeast)	200 mcg ... 384%
Copper (as copper bisglycinate chelate)	1 mg ... 111%
Manganese (as manganese citrate, gluconate)	1 mg ... 43%
Chromium (as Crominex [®] 3+, Capros [®] and PrimaVie [®] stabilized with Capros [®])	500 mcg ... 1428%
Molybdenum (as sodium molybdate, sodium selenite chelate)	125 mcg ... 249%
Potassium (as potassium citrate)	35 mg ... 51%
N-acetyl-L-cysteine (NAC)	600 mg
Brecoil concentrate blend (brecoil powder, extract (sprout, forest, seed) (providing glucosinolates, sulfurophanes))	525 mg
Decaffeinated green tea extract (leaf) (std. to 45% epigallocatechin gallate (EGCG))	325 mg
Acacia extract 4:1 (berry)	300 mg
Inositol	250 mg
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin)	200 mg
Fruit/berry proprietary blend (European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (Diospyros kaki) powders) taurine	150 mg
Wild blueberry anthocyanin extract (fruit)	125 mg
Sensril [®] Ashwagandha extract (root, leaf) (std. to 32% oligosaccharides, 10% glycoside conjugates)	200 mg
Shymin [®] (from milk thistle extract (seed))	100 mg
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg
CherryPURE [®] sour cherry (tart cherry) proanthocyanidin powder (skin)	85 mg
PMELLA [®] pomegranate extract (fruit) (std. to 30% punicalagins)	85 mg
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg
MirtoSelect [®] bilberry extract (fruit)	30 mg
BioVin [®] grape proanthocyanidin extract (whole grape)	25 mg
Leucoselect [®] grape seed proanthocyanidin extract	25 mg
Bio-Quercetin [®] polyosome (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
Lutein (from marigold extract (Tagetes erecta) (flower) (providing 465 mcg trans-zeaxanthin))	15 mg
Olive extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg
Sesama seed lignan extract	10 mg
Luteolin (from Japanese sophora (flower bud))	8 mg
Apigenin	5 mg
Boron (as boron amino acid chelate)	3 mg
Dolphin [®] (from Dolphinal [®] meal berry (Astragalus) extract (fruit))	3 mg
Dywidonin-5-gluconate (C50) (from black current extract (fruit))	1.25 mg

*Daily Values may vary.

[®] = (United States equivalents), [™] = (EU (European Union) equivalents), [®] = (International 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.

Store tightly closed in a cool, dry place.



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