



10/2022
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**LIFE
EXTENSION®**

Life Extension Mix™ Tablets without Copper



GLUTEN FREE

State-of-the-Art
Multi-Nutrient Formula

240

TABLETS

DIETARY
SUPPLEMENT

L02365E

Supplement Facts

Serving Size 6 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%
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 6167%
Folate (as L-5-methyltetrahydrofolate calcium salt)	680 mcg* 170%
Vitamin B12 (as methylcobalamin)	600 mcg 25000%
Pantothenic acid (as d-calcium pantothenate with 5 mg pantothenol)	3000 mcg 10000%
Calcium (as dicalcium phosphate, Ca ascorbate, D-calcium pantothenate, Ca D-glucuronate)	600 mg 12000%
Iodine (as potassium iodide)	500 mg 38%
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 mcg 318%
Manganese (as manganese citrate, gluconate)	200 mcg 364%
Chromium (as Chrominex® 3+ chromium stabilized with Capros®)	1 mg 43%
Niacinamide (as Primavie® Shilajit)	500 mcg 1429%
Molybdenum (as molybdenum amino acid chelate)	125 mcg 278%
Potassium (as potassium citrate)	35 mg <1%
Broccoli concentrate blend (broccoli powder, extract (sprout, floret, seed) providing glucosinolates, sulforaphane, calcium D-glucuronate)	325 mg
N-acetyl-L-cysteine (NAC)	600 mg
Decaffeinated green tea extract (leaf) (std. to 45% epigallocatechin gallate (EGCG))	325 mg
Acerola extract 4:1 (berry)	300 mg
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin)	250 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
Sensoril® Ashwagandha extract (root, leaf) (std. to 32% diglucosides, 100 mg 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
MirtoSelect® bilberry extract (fruit)	30 mg
BioWin® grape proanthocyanidin extract (whole grape)	25 mg
Leucosselect® 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
Bromelain (from pineapple stem) (2400 gelatin dissolving 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
Sesame seed lignan extract	10 mg
Luteolin (from Japanese sophora (flower bud))	8 mg
Apigenin	8 mg
Boron (as boron amino acid chelate)	3 mg
Lycopene (from Lycobeads® natural tomato extract (fruit))	3 mg
Delphinolins (from Delphinol® marigold berry (Aristolida ciliensis) extract (fruit))	2 mg
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg

***Daily Value not established.

†DHE (retinol activity equivalents). *DVE (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 broken or damaged.
- When using nutritional supplements, please consult with your physician 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.

FL Lauderdale, FL 33309 • LifeExtension.com To report a serious adverse event or obtain product information, contact 1-866-280-2852.

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.

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Store tightly closed in a cool, dry place.

