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LIFE EXTENSION®

One-Per-Day Multivitamin



09/2024
M22272B06



High Potency Multivitamin & Mineral Supplement

60 TABLETS

DIETARY
SUPPLEMENT

L02313F

Supplement Facts

| Serving Size 1 Tablet | Amount Per Serving | % Daily Value |
|-----------------------|--|----------------|
| | Vitamin A (as beta-carotene, acetate) (5,000 IU) | 1500 mcg* 167% |
| | Vitamin C (as ascorbic acid, calcium and niacinamide ascorbates) | 470 mg 522% |
| | 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) | 75 mg 6250% |
| | Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5'-phosphate) | 50 mg 3846% |
| | Niacin (as niacinamide, niacinamide ascorbate) | 50 mg* 313% |
| | Vitamin B6 (as pyridoxine HCl, pyridoxal 5'-phosphate) | 75 mg 4412% |
| | Folate (as L-5-methyltetrahydrofolate calcium salt) | 680 mcg* 170% |
| | Vitamin B12 (as methylcobalamin) | 300 mcg 12500% |
| | Biotin | 300 mcg 1000% |
| | Pantothenic acid (as D-calcium pantothenate) | 50 mg 1000% |
| | Iodine (as potassium iodide) | 150 mcg 100.% |
| | Magnesium (as magnesium oxide) | 100 mg 24% |
| | Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate) | 25 mg 227% |
| | Selenium (as sodium selenite, SelenoExcell® high selenium yeast, Se-methyl L-selenocysteine) | 200 mcg 364% |
| | Manganese (as manganese citrate, gluconate) | 2 mg 87% |
| | Chromium (as Chrominex® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit) | 200 mcg 571% |
| | Molybdenum (as molybdenum amino acid chelate) | 100 mcg 222% |
| | Inositol | 50 mg ** |
| | Alpha lipoic acid | 25 mg ** |
| | Natural mixed tocopherols (providing gamma, delta, alpha, beta) | 20 mg ** |
| | Bio-Quercetin® phytosome (providing 5 mg quercetin [from Japanese sophora concentrate (flower bud)], phosphatidylcholine complex [from sunflower]) | 15 mg ** |
| | Marigold extract (<i>Tagetes erecta</i>) (flower) | 11.12 mg ** |
| | (std. to 5 mg <i>trans</i> -lutein, 155 mcg <i>trans</i> -zeaxanthin) | |
| | Apigenin | 5 mg ** |
| | Boron (as boron amino acid chelate) | 3 mg ** |
| | Lycopene (from Lycobeads® natural tomato extract (fruit)) | 1 mg ** |

**Daily Value not established.

*RAE (retinol activity equivalents). °DFE (dietary folate equivalents). *NE (niacin equivalents).

Other ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, starch, maltodextrin, dicalcium phosphate, vegetable stearate, silica, coating (purified water, hypromellose, glycerin).

Read the entire label and follow the directions carefully.

DIRECTIONS: Take one (1) tablet daily with meals, or as recommended by a healthcare practitioner.

CAUTION: 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.

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 damaged.
- Consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Manufactured by:
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.



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