

Servings Per Container 35	
Amount Per Serving	
Vitamin A (as Betatene® ¹ natural beta-carotene from dunaliella and acetate)	5000 IU
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)	2000 mg
Vitamin D3 (as cholecalciferol)	2000 IU
Vitamin E (as D-alpha tocopheryl succinate and D-alpha tocopherol)	100 IU
Thiamine (vitamin B1) (as thiamine HCl)	125 mg
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	50 mg
Niacin (as 53% niacinamide, 38% niacin, 9% niacinamide ascorbate)	190 mg
Vitamin B6 [as pyridoxal 5'-phosphate (100 mg) and pyridoxine HCl (5 mg)]	105 mg
Folate [from lemon extract (peel)]	400 mcg
Vitamin B12 (as methylcobalamin)	600 mcg
Biotin	3000 mcg
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine)	600 mg
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)	218 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium oxide, citrate, glycinate taurinate, arginate, ascorbate)	400 mg
Zinc (as zinc citrate, OptiZinc® ³ zinc monomethionine)	35 mg
Selenium [as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free) (SelenoPure™ ⁴), 25% sodium selenite]	200 mcg
Copper (as TRAACS® ¹² copper bisglycinate chelate)	1 mg
Manganese (as manganese gluconate)	1 mg
Chromium [as Chrominex® ³ 3+ chromium stabilized with Capros® ⁵ amla extract (fruit) and PrimaVie® ⁶ Shilajit]	500 mcg
Molybdenum (as sodium molybdate)	125 mcg
Potassium (as potassium chloride)	37.4 mg
N-Acetyl-L-cysteine (NAC)	600 mg
Taurine	200 mg
Inositol	250 mg
Phosphatidylcholine (from soy)	150 mg
Choline (as choline bitartrate)	120 mg
Boron (as Albion® ¹² bororganic glycine)	3 mg
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg
Citrus bioflavonoid complex bitter orange (peel and fruit) [std. to 50% hesperidin (100 mg)]	200 mg
Broccoli concentrate blend [broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane, D-3T, PEITC)]	725 mg

Decaffeinated green tea extract (leaf) [standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg)]	325 mg
Acerola extract 4:1 (berry)	300 mg
Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	200 mg
Wild blueberry anthocyanin extract (fruit)	150 mg
Milk thistle extract (seeds) [std. to 85% silymarin (85 mg)]	100 mg
Maqui berry (<i>Aristotelia chilensis</i>) anthocyanin extract (fruit)	100 mg
CherryPure® ¹³ tart cherry (<i>Prunus cerasus</i>) proanthocyanidin extract (skin)	85 mg
POMELLA® ⁹ pomegranate extract (fruit) [std. to 30% punicalagins (25.5 mg)]	85 mg
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg
MirtoSelect® ¹¹ bilberry extract (fruit)	30 mg
Leucoselect® ⁸ grape seed proanthocyanidin extract	25 mg
BioVin® ⁷ grape proanthocyanidin extract (whole grapes)	25 mg
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram)	15 mg
Delphinidins [from Delphinol® ² maqui berry (<i>Aristotelia chilensis</i>) extract]	2 mg
Lutein [from marigold extract (flower)] (providing 465 mcg <i>trans</i> -zeaxanthin)	15 mg
Olive juice extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)	12.5 mg
Sesame seed lignan extract	10 mg
Luteolin [from orange extract (fruit)]	8 mg
Lycopene [from Tomat-O-Red® ¹⁰ natural tomato extract (fruit)]	3 mg
Cyanidin-3-glucoside (C3G) [from black currant extract (fruit)]	1.25 mg
<i>trans</i> -Pterostilbene (from pTeroPure™ ¹⁰)	0.5 mg
Other ingredients: dicalcium phosphate, microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, silica, vegetable stearate, pharmaceutical glaze, maltodextrin.	
Contains fish (tilapia) and soybeans.	

Dosage and Use

- Take nine tablets per day in divided doses with meals, or as recommended by a healthcare practitioner.

Cautions

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 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.

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

To report a serious adverse event or obtain product information, contact 1-866-280-2852

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Life Extension Mix™ Tablets

315 Tablets, Item# 01855

1- Betatene® is a registered trademark of BASF SE.
2- Delphinol® is a registered trademark of H&M; protected by U.S. patent application US 13/076,117 and WIPO PCT/IB2010/002698.
3- OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc.
4- SelenoPure™ is a trademark of Nutrition 31.
5- Chrominex® 3+, Capros® and PrimaVie® are registered trademarks of Natrecor, Inc.
6- Leucoselect® is a registered trademark of Indena S.p.A.
7- BioVin® is a registered trademark of Cynes Nutrition.
8- Tomat-O-Red® is a registered trademark of Lycobel LTD.
9- POMELLA® Extract is covered under U.S. Patent 7,838,640 and POMELLA® is a registered trademark of Verdure Sciences, Inc.
10- pTeroPure™ is a trademark of ChromaDex, Inc.
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