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LifeExtension®

Life Extension Mix™ Tablets



State-of-the-Art Multi-Nutrient Formula

QE01950B

Dietary
Supplement

100 Tablets

Supplement Facts

Serving Size 9 Tablets (per day) • Servings Per Container 11	
Amount Per Serving	% Daily Value
Vitamin A (as Betatene® natural beta-carotene from dunnaliella and acetate) 5000 IU	100%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)	2000 mg 3333%
Vitamin D3 (as cholecalciferol) 2000 IU	500%
Vitamin E (as D-alpha tocopheryl succinate and D-alpha tocopherol) 100 IU	333%
Thiamine (vitamin B1) (as thiamine HCl) 125 mg	8333%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5-phosphate) 50 mg	2941%
Niacin (as 53% niacinamide, 38% niacin, 9% niacinamide ascorbate) 190 mg	950%
Vitamin B6 (as pyridoxal 5-phosphate (100 mg) and pyridoxine HCl (5 mg)) 105 mg	5250%
Folate (from lemon extract (peel)) 400 mcg	100%
Vitamin B12 (as methylcobalamin) 600 mcg	10000%
Biotin 3000 mcg	10000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol) 6000 mcg	60000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate) 218 mg	22%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate) 400 mg	100%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine) 35 mg	233%
Selenium (as 50% Se-Methyl L-Selenomethionine, 25% L-selenomethionine (yeast free) (SelenoPure™), 25% sodium selenite) 200 mcg	266%
Copper (as TRAACS® copper bisglycinate chelate) 1 mg	50%
Manganese (as manganese gluconate) 1 mg	50%
Chromium (as Chromine® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit) 500 mcg	417%
Molybdenum (as sodium molybdate) 125 mcg	167%
Potassium (as potassium chloride) 37.4 mg	1%
11-Acetyl-L-cysteine (NAC)	
Taurine 600 mg	**
Inositol 200 mg	**
Phosphatidylcholine (from soy) 250 mg	**
Choline (as choline bitartrate) 150 mg	**
Boron (as Albion® bororganic glycine) 120 mg	**
Trimethylglycine (TMG) (as betaine anhydrous) 3 mg	**
Citrus bioflavonoid complex bitter orange (peel and fruit) 100 mg	**
Isoflavone (100 mg)	**
Broccoli concentrate blend (broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane) 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 (Aristotelia chilensis) anthocyanin extract (fruit) 100 mg	**
POMECLA® tart cherry (Prunus cerasus) proanthocyanidin extract (skin) 85 mg	**
POMECLA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg)) 85 mg	**
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols) 60 mg	**
MirtoSelect® bilberry extract (fruit) 30 mg	**
Leucoslect® grape seed proanthocyanidin extract 25 mg	**
BioVin® grape proanthocyanidin extract (whole grapes) 25 mg	**
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram) 15 mg	**
Delphinidins (from Delphinol® maqui berry (Aristotelia chilensis) extract) 2 mg	**
Lutein (from margold extract (flower)) (providing 465 mcg trans-zeaxanthin) 15 mg	**
Olive juice extract (fruit) 12.5 mg	**
(providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)	**
Sesame seed lignan extract 10 mg	**
Luteolin (from orange extract (fruit)) 8 mg	**
Lycopene (from Tomat-O-Red® natural tomato extract (fruit)) 3 mg	**
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit)) 1.25 mg	**
trans-Pterostilbene (from pteropure®) 0.5 mg	**
NIAGEN® Nicotinamide Riboside 2 mg	**

*Daily Value not established.

DIRECTIONS: Take nine (9) tablets per day 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 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.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Other ingredients: dicalcium phosphate, microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, silica, vegetable stearate, pharmaceutical glaze, medium chain triglycerides, maltodextrin.

Contains fish (tilapia) and soybeans.

Manufactured for:
Quality Supplements and Vitamins, Inc.,
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LifeExtension.com
To report a serious adverse event or
obtain product information, contact 1-866-280-2852.

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:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

Store tightly closed in a cool, dry place.

