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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 duraliella and acetate)	5000 IU 100%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide)	2000 mg 3333%
Vitamin D3 (as cholecalciferol)	2000 IU 500%
Vitamin E (as D-alpha tocopherol succinate and D-alpha tocopherol)	100 IU 333%
Thiamine (vitamin B1) (as thiamin HCl)	125 mg 833%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	50 mg 2941%
Niacin (as 53% niacinamide, 38% niacin, 9% niaciamide ascorbate)	190 mg 950%
Vitamin B6 (as pyridoxine 5'-phosphate (100 mg) and pyridoxine HCl (5 mg))	400 mg 5250%
Folate (from lemon extract (peel))	400 mcg 100%
Vitamin B12 (as methylcobalamin)	600 mcg 1000%
Biotin	3000 mcg 1000%
Pantothenic acid (as D-calcium pantothenate, Ca D-glucarate)	600 mg 6000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)	200 mg 22%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide, citrate, glycinate)	400 mg 100%
Taurine, arginine, ascorbate	
Zinc (as zinc citrate, OptiZinc® zinc mononethionate)	35 mg 233%
Calcium (as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free))	200 mcg 286%
Copper (as TRAACS® copper bisglycinate chelate)	1 mg 50%
Manganese (as Crominex® 3+ chromium stabilized with Capros®)	1 mg 50%
Chromium (as Crominex® 3+ chromium stabilized with Primalive® Shilajit)	500 mcg 417%
Molybdenum (as sodium molybdate)	125 mcg 167%
Potassium (as potassium chloride)	374 mg 1%
N-Acetyl-L-cysteine (NAC)	
Taurine	600 mg 88%
Inositol	200 mg 88%
Phosphatidylcholine (from soy)	250 mg 88%
Choline (as choline bitartrate)	150 mg 88%
Boron (as Albion® borogenc glycine)	120 mg 88%
Citrus bioflavonoid complex bitter orange (peel and fruit)	100 mg 88%
Istd. to 50% hesperidin (100 mg)	200 mg 88%
Broccoli concentrate blend (broccoli extracts (plant and sprout))	725 mg 88%
Calcium D-glucarate (providing glucosaminoglycans, sulfatophane)	
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG)) (14.25 mg)	325 mg 88%
Acacia extract 4:1 (berry)	
Blueberry complex (proprietary blend of blackberry, blueberry, cranberry, elderberry, persimmon, prune powders)	300 mg 88%
Choline (as choline bitartrate)	200 mg 88%
Wild blueberry anthocyanin extract (fruit)	150 mg 88%
Milk thistle extract (seeds) (std. to 85% silymarin (85 mg))	100 mg 88%
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit)	100 mg 88%
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)	85 mg 88%
POMELLA® pomelo extract (fruit) (std. to 30% punicic acids (25.5 mg))	85 mg 88%
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg 88%
MirtoSelect® bilberry extract (fruit)	30 mg 88%
Leucoside® grape proanthocyanidin extract (whole grapes)	25 mg 88%
BioVin® grape proanthocyanidin extract (stem) (2400 mg/gelatin digestive units/gram)	15 mg 88%
Delphinol® (from Delphinol® maqui berry (Aristotelia chilensis) extract)	2 mg 88%
Lutein from marigold extract (flower) (providing 465 mcg trans-zeaxanthin)	15 mg 88%
Olive juice extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)	12.5 mg 88%
Seasame seed lignan extract	
Luteolin (from orange extract (fruit))	10 mg 88%
Lycopene (from Tomato-0-Bar® natural tomato extract (fruit))	8 mg 88%
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	3 mg 88%
Trans-Piernostilbene (from pterostilbene (fruit))	1.25 mg 88%
NIAGEN® Nicotianamide Riboside	0.5 mg 88%
	2 mg 88%

*Daily Value not established.

Store tightly closed in a cool, dry place.



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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.,
Ft. Lauderdale, FL 33309
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.

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.