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LifeExtension®

Life Extension Mix™ Capsules



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

100 Capsules

Supplement Facts

Serving Size 14 Capsules (per day) • Servings Per Container 7

Amount Per Serving	% Daily Value
Vitamin A (as Betatene® ¹ , natural beta-carotene from dunaliella and acetate).....5000 IU.....100%	
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate,.....2000 mg.....3333%	
magnesium ascorbate, niacinamide ascorbate, acerola extract)	
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%	
Biotin (as methylcobalamin).....600 mcg.....10000%	
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine).....3000 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-Selenocysteine, 25% sodium selenite).....200 mcg.....288%	
Copper (as TRAACS® ¹² , copper bisglycinate chelate).....1 mg.....50%	
Manganese (as manganese gluconate).....1 mg.....50%	
Chromium (as Crominex® ⁵ 3+ chromium stabilized with Capros® ⁶).....500 mcg.....417%	
amla extract (fruit) and PrimaVie® ⁷ Shilajit	
Molybdenum (as sodium molybdate).....125 mcg.....167%	
Potassium (as potassium chloride).....37.4 mg.....1%	
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 Alibion® ¹¹ bororganic glycine).....3 mg.....	
Trimethylglycine (TMG) (as betaine anhydrous).....100 mg.....	
Citrus bioflavonoid complex bitter orange (peel and fruit).....200 mg.....	
[std. to 50% hesperidin (100 mg)]	
Broccoli concentrate blend (broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane)]	
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.....	
CherryPure® ⁸ tart cherry (Prunus cerasus) 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).....30 mg.....	
MiroSelect® ¹¹ bilberry extract (fruit).....30 mg.....	
Leucosel® ⁶ grape seed proanthocyanidin extract.....25 mg.....	
BioVin® ¹⁰ grape proanthocyanidin extract (whole grapes).....25 mg.....	
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram).....15 mg.....	
Delphinidin (from Delphinol® ⁴ maqui berry (Aristotelia chilensis) extract).....2 mg.....	
Lutein (from marigold 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® ³ natural tomato extract (fruit)).....3 mg.....	
Cyanidin-3-glucoside (C3g) (from black currant extract (fruit)).....1.25 mg.....	
trans-Pterostilbene (from pTeroPure® ¹⁰).....0.5 mg.....	
NIAGEN® ¹⁰ Nicotinamide Riboside.....2 mg.....	

*Daily Value not established.

DIRECTIONS: Take fourteen (14) capsules 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.

1- Betatene® is a registered trademark of BASF SE. 2- Delphinol® is a registered trademark of MNL; 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 21. 5- Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc. 6- Leucosel® is a registered trademark of Indena S.p.A. 7- BioVin® is a registered trademark of Cyvex Nutrition. 8- Tomat-O-Red® is a registered trademark of LycoRed LTD. 9- POMELLA® Extract is covered under U.S. Patent 7,638,640 and POMELLA® is a registered trademark of Verdure Sciences, Inc. 10- pTeroPure® and NIAGEN® are registered trademarks of ChromaDex, Inc., Patents see: www.ChromaDexPatents.com. 11- MiroSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12- TRAACS® and Alibion® are registered trademarks of Alibion Laboratories, Inc. 13- CherryPure® is a registered trademark of Shoreline Fruit, LLC.

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: gelatin, microcrystalline cellulose, silica, vegetable stearate, 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.

Store tightly closed in a cool, dry place.

