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LifeExtension®

Life Extension Mix™ Tablets with Extra Niacin



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

315 Tablets

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

Contains fish (tilapia) and soybeans.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
info@lifeextension.com • www.lef.org
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.



Supplement Facts

Serving Size 9 Tablets (per day) • Servings Per Container 35

Amount Per Serving	% Daily Value
Vitamin A (as Betatene®; natural beta-carotene from dunaliella 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 3333%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	50 mg 2941%
Niacin (as 58% niacinamide, 40% niacin, 2% niacinamide ascorbate)	862 mg 4310%
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 1000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenic acid)	600 mg 6000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucate)	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 263%
Selenium (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 manganese gluconate)	1 mg 50%
Chromium (as Cromium® 3+ chromium stabilized with Capros®)	500 mcg 417%
ania extract (fruit) and PrimaVie® Siliagil	
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)	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 **
[std. to 50% hesperidin (100mg)]	200 mg **
Broccoli concentrate blend (broccoli extracts (plant and sprout), calcium D-glucate (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 (Aristotelia chilensis) anthocyanin extract (fruit)	100 mg **
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)	85 mg **
POMELLA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg))	85 mg **
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	2 mg **
MirtoSelect® bilberry extract (fruit)	30 mg **
Leucoselect® grape seed proanthocyanidin extract	25 mg **
BioVine® grape proanthocyanidin extract (whole grapes)	25 mg **
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram)	15 mg **
Delphinolins from Delphinol® 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® natural tomato extract (fruit))	3 mg **
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg **
trans-Pterostilbene (from pterPure®)	0.5 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.

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- Cromium® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc. 6- Leucoselect® is a registered trademark of Indena S.p.A. 7- BioVine® 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® is a registered trademark of ChromaDex, Inc. 11- MirtoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12- TRAACS® and Albion® are registered trademarks of Albion 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.

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