

Scan for
product info

LifeExtension®

Life Extension Mix™ Tablets without Copper



State-of-the-Art Multi-Nutrient Formula

QE01860B

Dietary
Supplement

100 Tablets

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size 9 Tablets (per day) • Servings Per Container 11	
Vitamin A (as Betatene® 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 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	3250%
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 pantothenine).....6000 mcg	6000%
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).....35 mg	233%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine).....200 mcg	286%
Selenium (as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free) (SelenoPure™), 25% sodium selenite).....1 mg	50%
Manganese (as Manganex® 3+ chromium stabilized with Capros®).....500 mcg	417%
Chromium (as Chrominex® 3+ chromium stabilized with Capros®).....125 mcg	167%
Molybdenum (as sodium molybdate).....37.4 mcg	1%
Potassium (as potassium chloride).....600 mg	**
N-Acetyl-L-cysteine (NAC).....200 mg	**
Taurine.....250 mg	**
Inositol.....150 mg	**
Phosphatidylcholine (from soy).....120 mg	**
Choline (as choline bitartrate).....3 mg	**
Boron (as Albion® boron glycine).....100 mg	**
Tri-methylglycine (TMG) (as betaine anhydrous).....100 mg	**
Citrus bioflavonoid complex bitter (peel and fruit).....725 mg	**
Broccoli concentrate blend (broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane, D-3T, PEITC) 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).....150 mg	**
Wild blueberry anthocyanin extract (fruit).....100 mg	**
Milk thistle extract (seeds) [standardized to 85% silymarin (85 mg)].....100 mg	**
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit).....85 mg	**
CherryPURE® tart cherry (Prunus cerasus) proanthocyanidin extract (skin).....60 mg	**
POMECLA® pomegranate extract (fruit) [std. to 30% punicalagins (25.5 mg)].....30 mg	**
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols).....25 mg	**
MiroSelect® bilberry extract (fruit).....15 mg	**
LeucoSelect® grape seed proanthocyanidin extract.....15 mg	**
BioVin® grape proanthocyanidin extract (whole grapes).....15 mg	**
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram).....2 mg	**
Delphinids (from Delphinol® maqui berry (Aristotelia chilensis) extract).....15 mg	**
Lutein (from marigold extract (flower)) (providing 465 mcg trans-zeaxanthin).....12.5 mg	**
Olive juice extract (fruit).....10 mg	**
(providing polyphenols, hydroxytyrosol, tyrosol, oleuropein).....8 mg	**
Sesame seed lignan extract.....3 mg	**
Luteolin (from orange extract (fruit)).....1.25 mg	**
Lycopene (from Tomat-O-Red® natural tomato extract (fruit)).....0.5 mg	**
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit)).....0.5 mg	**
trans-Pterostilbene (from pTeroPure®).....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.

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- Chrominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc. 6- LeucoSelect® 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 Lycopodium LTD. 9- POMECLA® Extract is covered under U.S. Patent 7,638,640 and POMECLA® is a registered trademark of Verdure Sciences, Inc. 10 - pTeroPure® is a registered trademark of ChromaDex, Inc. 11- MirotoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12- Albion® is a registered trademark 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.

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

