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LifeExtension®

Life Extension Mix™ Tablets without Copper



State-of-the-Art Multi-Nutrient Formula

QE01860B

Dietary Supplement

100 Tablets

Take nine (9) tablets per day in divided doses with meals, or as recommended by a healthcare practitioner.

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 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 4000 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 with high blood calcium levels.

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Supplement	Active Ingredients	Amount	Unit	Percentage
Vitamin C as ascorbic acid, ascorbyl palmitate, and magnesium ascorbate, niacinamide ascorbate, acerola extract)	5,000 IU	33333% 33333%	
Vitamin E as d-alpha tocopherol	2000 mg	33333% 33333%	
Thiamine (vitamin B1) (as thiamine HCl)	100 mg	33333% 33333%	
Niacin (as 53% niacinamide, 38% niacin, 9% niacinamide ascorbate)	125 mg	33333% 2941%	
Vitamin B6 (as pyridoxal 5'-phosphate (100 mg) and pyridoxine HCl (5 mg))	190 mg	950 mg 5250%	
Folate (from lemongrass extract (peel))	105 mg	400 mg 100%	
Biotin	400 mg	600 mg 100%	
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)	3000 mcg	3000 mcg 1000%	
Calcium (as ascorbate, D-calcium pantothenate, Ca D-glucarate)	218 mg	600 mg 22%	
Iodine (as potassium iodide)	150 mcg	150 mcg 100%	
Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate)	400 mg	35 mg 286%	
Zinc (as zinc citrate, Zincpic® zinc monomethionine, 25% L-selenomethionine (yeast free) (SelenoPure™), 25% sodium selenite)	200 mcg	1 mg 50%	
Manganese (as manganese gluconate)	500 mg	1 mg 417%	
Chromium (as Cromin® 3+ + chromium stabilized with Capros® amine extract (fruit and Primaline® Shilajit))	125 mg	37.4 mg 167%	
Potassium (as potassium chloride)	37.4 mg	37.4 mg 1%	
N-Acetyl-L-cysteine (NAC)	600 mg	600 mg 200 mg	
Taurine	200 mg	250 mg 120 mg	
Inositol	250 mg	300 mg 100 mg	
Phosphatidylcholine (from soy)	150 mg	100 mg 100 mg	
Choline (as choline bitartrate)	120 mg	100 mg 200 mg	
Boron (as Aluron® boroganic glycine)	120 mg	100 mg 100 mg	
Trimethylsilylucine (TMS) (as betaine anhydrous)	120 mg	100 mg 200 mg	
Citrus bioflavonoid complex (bitter orange (peel) and fruit) (std. to 50% hesperidin (100 mg))	120 mg	100 mg 200 mg	
Acetona extract 4:1 (berry)	146.25 mg	146.25 mg 300 mg	
Broccoli concentrate blend (broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane, D-3T, PEITC))	725 mg	325 mg 200 mg	
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG))	725 mg	325 mg 300 mg	
Acetona extract 4:1 (berry)	146.25 mg	146.25 mg 200 mg	
Fruit complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	150 mg	150 mg 100 mg	
With blueberry anthocyanin extract (fruit)	150 mg	100 mg 100 mg	
Milk thistle extract (seeds) (standardized to 85% silymarin (85 mg))	150 mg	100 mg 100 mg	
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit)	100 mg	85 mg 85 mg	
CherryPlex® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)	100 mg	85 mg 85 mg	
POMELE® pomengranate extract (fruit) (std. to 30% punicalagins (25.5 mg))	100 mg	85 mg 85 mg	
Natural mixed isoflavonoids (providing gamma, delta, alpha, beta isoflavonoids)	60 mg	60 mg 30 mg	
MarisSelect® grape seed proanthocyanidin extract (fruit)	60 mg	30 mg 25 mg	
Leucopausal® grape seed proanthocyanidin extract (whole grapes)	60 mg	25 mg 15 mg	
Biotin (from pineapple) (stem) (2400 gelatin digestive units/gram)	15 mg	15 mg 12 mg	
Deiphinium (from Deiphinum® maqui berry (Aristotelia chilensis) extract)	15 mg	15 mg 10 mg	
Lutein (from mangold extract (flower) (providing 465 mcg trans-zeaxanthin))	15 mg	15 mg 8 mg	
Olive juice extract (fruit)	15 mg	15 mg 3 mg	
Sesame seed lignan extract	10 mg	10 mg 1.25 mg	
Luteolin (from orange extract (fruit))	8 mg	8 mg 0.5 mg	
Lycopene (from Tomat-O-Led® natural tomato extract (fruit))	3 mg	3 mg 0.02 mg	
Crannid-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg	1.25 mg 0.02 mg	
trans-Protropoisorbene (from <i>P. euphorbia</i> ®)	0.5 mg	0.5 mg 0.01 mg	

Larby, Valde (1997) *Les politiques de l'enseignement supérieur*.

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

Contains fish (tilapia) and soybean

Manufactured for:
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To report a serious adverse event or
obtain product information, contact 1-866-280-2887

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.

