

Scan for  
product info

# LifeExtension®

## Life Extension Mix™ Capsules without Copper



State-of-the-Art  
Multi-Nutrient Formula

QE01862B

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® 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 333.33%
Vitamin D3 (as cholecalciferol)	2000 IU 500%
Vitamin E (as d-alpha tocopherol succinate and d-alpha tocopherol)	100 IU 33.33%
Thiamine (vitamin B1) (as thiamine HCl)	125 mg 83.33%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	190 mg 294.1%
Niacin (as 53% niacinamide, 38% niacin, 9% niacinamide ascorbate)	190 mg 95.0%
Vitamin B6 (as pyridoxine 5'-phosphate (100 mg) and pyridoxine HCl (5 mg))	105 mg 525.0%
Vitamin B12 (from lemon extract (peel))	400 mcg 100%
Vitamin B12 (as methylcobalamin)	600 mcg 100.000%
Biotin	3000 mcg 1000%
Fructan (acid (as d-calcium pantothenate with 5 mg pantethine), Ca D-glucarate)	600 mg 600.000%
Indole (as potassium iodide)	218 mg 22%
Taurine, arginine, ascorbate	150 mg 100%
Zinc (as zinc citrate, OptiZinc®3 Zinc mononethionate)	35 mg 233%
Selenium (as 50% Se-Methyl L-Selenopure™, 25% sodium selenite)	200 mcg 266%
25% L-selenomethionine (yeast free) (Selenopure™, 25% sodium selenite)	35 mg 50%
Manganese (as manganese gluconate)	1 mg 417%
Chromium (as Cromine® 5+ chromium stabilized with Capros®)	500 mcg 500 mcg
Amnia extract (fruit) and PrimalVie® Shiagel	125 mg 167%
Molybdenum (as sodium molybdate)	37.4 mg 1%
Potassium (as potassium chloride)	125 mg 125 mg
N-Acetyl-L-cysteine (NAC)	600 mg 600 mg
Taurine	250 mg 250 mg
Inositol	150 mg 150 mg
Phosphatidylcholine (from soy)	120 mg 120 mg
Choline (as choline bitartrate)	3 mg 3 mg
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg 100 mg
Broccoli concentrate blend (broccoli extracts (plant and sprout), calcium D-glucarate (providing arafuripane, D-31, PFTC))	200 mg 200 mg
Decaffeinated green tea extract (leaf) (standardized to 325 mg 725 mg 725 mg)	325 mg 325 mg
45% epigallocatechin gallate (EGCG) (146.25 mg)	45% epigallocatechin gallate (EGCG) (146.25 mg)
Acerea extract 4:1 (berry)	300 mg 300 mg
Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	200 mg 200 mg
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (fruit)	150 mg 150 mg
Milk thistle extract (seeds) (std. to 8% silymarin (85 mg))	100 mg 100 mg
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit)	85 mg 85 mg
POMELEA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg))	85 mg 85 mg
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg 60 mg
MirtoSelect® bilberry extract (fruit)	30 mg 30 mg
BioFlu™ grape seed proanthocyanidin extract	25 mg 25 mg
Bromelain (from pineapple) (stem) (2400 mg gelatin digestive units/gram)	25 mg 25 mg
Delphinidins (from Delphin® maqui berry (Aristotelia chilensis) extract)	2 mg 2 mg
Lutein (from mangold extract (flower)) (providing 465 mcg trans-zeaxanthin)	15 mg 15 mg
Olive juice extract (fruit)	12.5 mg 12.5 mg
(providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)	10 mg 10 mg
Sesame seed lignan extract	8 mg 8 mg
Luteolin (from orange extract (fruit))	3 mg 3 mg
Bromelain (from Tomato-O-Red® natural tomato extract (fruit))	1.25 mg 1.25 mg
Cyanopeptid-3-glycosides (C3G) (from black currant extract (fruit))	0.5 mg 0.5 mg

\*\*Daily Value not established.

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



7 37870 18621 2

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.