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LifeExtension®

Life Extension
Mix™ Capsules
without Copper



State-of-the-Art
Multi-Nutrient Formula

Dietary
Supplement

490 Capsules

QE01864B

Other ingredients: gelatin, microcrystalline cellulose, silica, vegetable stearate, maltodextrin.
Contains fish (tilapia) and soybeans.

Manufactured by:
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 14 Capsules (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.....333%	
Vitamin D3 (as cholecalciferol).....2000 IU.....500%	
Vitamin E (as D-alpha tocopheryl succinate and D-alpha tocopherol).....100 IU.....33%	
Thiamine (Vitamin B1) (as thiamine HCl).....125 mg.....833%	
Riboflavin (Vitamin B2) (as riboflavin and riboflavin 5'-phosphate).....50 mg.....294%	
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%	
Vitamin B12 (as methylcobalamin).....600 mcg.....10000%	
Biotin.....3000 mcg.....1000%	
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine).....600 mg.....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).....400 mg.....100%	
Zinc (as zinc citrate, OptiZinc® zinc monomethionine).....35 mg.....233%	
Selenium (as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free) (SelenoPure™), 25% sodium selenite).....200 mcg.....266%	
Manganese (as manganese gluconate).....1 mg.....50%	
Chromium (as Chrominex® 3+ chromium stabilized with Capros®).....500 mcg.....417%	
amla extract (fruit) and PrimaVie® Shilajit).....125 mcg.....167%	
Molybdenum (as sodium molybdate).....37.4 mg.....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® bororganic glycine).....100 mg.....	
Trimethylglycine (TMG) (as betaine anhydrous).....85 mg.....	
Citrus bioflavonoid complex bitter orange (peel and fruit) [std. to 50% hesperidin (100 mg)].....725 mg.....	
Broccoli concentrate blend [broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane, D-3T, PEITC)].....325 mg.....	
Decaffeinated green tea extract (leaf) [standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg)].....300 mg.....	
Acerola extract 4:1 (berry).....200 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) [std. to 85% silymarin (85 mg)].....100 mg.....	
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit).....85 mg.....	
CherryPure®13 tart cherry (Prunus cerasus) proanthocyanidin extract (skin).....85 mg.....	
POMELLA® pomegranate extract (fruit) [std. to 30% punicalagins (25.5 mg)].....30 mg.....	
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols).....30 mg.....	
MitoSelect®11 bilberry extract (fruit).....25 mg.....	
Leucoselect®4 grape seed proanthocyanidin extract.....15 mg.....	
BioVin®7 grape proanthocyanidin extract (whole grapes).....2 mg.....	
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram).....15 mg.....	
Delphinidins from Delphinol®2 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 and oleuropein).....8 mg.....	
Sesame seed lignan extract (fruit).....3 mg.....	
Luteolin (from orange extract).....1.25 mg.....	
Lycopene (from Tomat-O-Red®3 natural tomato extract (fruit)).....0.5 mg.....	
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit)).....	
trans-Pterostilbene (from Pteropure®10).....	

**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.

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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.