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product info

# LifeExtension®

## Life Extension Mix™ Capsules



State-of-the-Art  
Multi-Nutrient Formula

QE01852B

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 duralinella and acetate).....	5000 IU .....100%
Vitamin C (as calcium ascorbate, ascorbic acid, niacinamide ascorbate, acerola extract).....	2000 mg .....333%
Vitamin D3 (as cholecalciferol).....	200 IU .....500%
Vitamin E (as D-alpha tocopherol succinate and D-alpha tocopherol).....	125 mg .....333%
Thiamine (vitamin B1) (as thiamine HCl).....	50 mg .....833%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate).....	190 mg .....294%
Niacin (as 53% niacinamide, 38% niacin, 9% niaciamide ascorbate).....	105 mg .....950%
Vitamin B6 (as pyridoxine 5'-peptide (100 mg) and pyridoxine HCl (5 mg)).....	400 mg .....100%
Folate (from lemon extract (peel)).....	600 mcg .....1000%
Vitamin B12 (as methylcobalamin).....	3000 mcg .....1000%
Biotin.....	600 mcg .....1000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine).....	218 mg .....600%
Calcium (as calcium pantothenate, Ca D-glucarate).....	150 mg .....22%
Iodine (as potassium iodide).....	400 mg .....100%
Magnesium (as magnesium oxide, citrate, glycinate, tartrate, 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%
Copper (as TRAACS® copper bisglycinate chelate).....	1 mg .....50%
Manganese (as Crominex® 3+ chromium stabilized with Capros® amia extract (fruit) and PrimalVie® Shilajit).....	500 mcg .....417%
Chromium (as Crominex® 3+ chromium stabilized with Capros® amia extract (fruit) and PrimalVie® 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.....	150 mg .....**
Inositol.....	120 mg .....**
Phosphatidylcholine (from soy).....	3 mg .....**
Choline (as choline bitartrate).....	100 mg .....**
Boron (as Albion® boronorganic glycine).....	200 mg .....**
Trimethylglycine (TMG) (as betaine anhydrous).....	100 mg .....**
Citrus bioflavonoid complex bitter orange (peel and fruit) (std. to 50% hesperidin (100 mg)).....	200 mg .....**
Broccoli concentrate blend (broccoli extracts (plant and sprout), calciumdeficient green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg)).....	725 mg .....**
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg)).....	325 mg .....**
Fruitberry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders).....	300 mg .....**
Wild blueberry anthocyanin extract (fruit).....	200 mg .....**
Milk thistle extract (seeds) (std to 85% silymarin (85 mg)).....	150 mg .....**
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit).....	100 mg .....**
POMEELLA® tart cherry (Prunus cerasus) proanthocyanidin extract (skin).....	65 mg .....**
Bronelein (from pineapple) (stem) (240 mg).....	60 mg .....**
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherol).....	30 mg .....**
MirtoSelect® (from marigold extract (flower)) (providing 465 mg trans-zeaxanthin).....	25 mg .....**
LeucosideSelect® grape seed proanthocyanidin extract (grape seeds).....	25 mg .....**
Biolin® grape proanthocyanidin extract (whole grapes).....	25 mg .....**
Delphinidins (from Delphinol® maqui berry (Aristotelia chilensis) extract).....	2 mg .....**
Olive juice extract (fruit).....	15 mg .....**
Sesame seed lignan extract.....	10 mg .....**
Lycopene (from Tomato-O-Red®).....	3 mg .....**
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit)).....	1.25 mg .....**
trans-Pterostilbene (from pterostilbene).....	0.5 mg .....**

\*\*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. 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 Nutraceuticals, Inc. 4- SelenoPure® is a trademark of Nutrition 21. 5- Crominex® 3+, Capros® and PrimalVie® are registered trademarks of Natreon, Inc. 6- LeucosideSelect® is a registered trademark of Indena S.p.A. 7- BioVin® is a registered trademark of Cyrex Nutrition. 8- Tomato-O-Red® is a registered trademark of LycoRed LTD. 9- POMEELLA® Extract is covered under U.S. Patent 7,638,640 and POMEELLA® 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.

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

Contains fish (tilapia) and soybeans.

Manufactured for:  
Quality Supplements and Vitamins, Inc.  
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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.



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