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LifeExtension®

Life Extension Mix™ Capsules



State-of-the-Art Multi-Nutrient Formula

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 dunnaliella and acetate).....	5000 IU 100%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract).....	2000 mcg 3333%
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, 36% 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 6000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine).....	600 mg 222%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate).....	218 mg 100%
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 286%
Copper (as TRAACS® copper bisglycinate chelate).....	1 mg 50%
Manganese (as manganese gluconate).....	1 mg 50%
Chromium (as Chromex® 3+ chromium stabilized with Capros®).....	500 mcg 417%
amla extract (fruit) and PrimaVie® Shilajit	
Molybdenum (as sodium molybdate).....	125 mcg 167%
Potassium (as potassium chloride).....	37.4 mg 1%
N-Acetyl-L-cysteine (NAC).....	600 mg 100%
Taurine.....	200 mg 100%
Inositol.....	250 mg 100%
Phosphatidylcholine (from soy).....	150 mg 100%
Choline (as choline bitartrate).....	120 mg 100%
Boron (as Albor® bororganic glycine).....	3 mg 100%
Trimethylglycine (TMG) (as betaine anhydrous).....	100 mg 100%
Citrus bioflavonoid complex bitter orange (peel and fruit) (std. to 50% hesperidin (100 mg)).....	200 mg 100%
Broccoli concentrate blend (broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane, D-3T, PETC)).....	725 mg 100%
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg)).....	325 mg 100%
Acerola extract 4:1 (berry).....	300 mg 100%
Fruitberry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders).....	200 mg 100%
Wild blueberry anthocyanin extract (fruit).....	150 mg 100%
Milk thistle extract (seeds) (std to 85% silymarin (85 mg)).....	100 mg 100%
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit).....	100 mg 100%
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin).....	85 mg 100%
POMECLA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg)).....	85 mg 100%
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols).....	60 mg 100%
MiroSelect® bilberry extract (fruit).....	30 mg 100%
Leucoselect® grape seed proanthocyanidin extract (whole grapes).....	25 mg 100%
BioVin® grape proanthocyanidin extract (stem) (2400 pelatin digestive units/gram).....	25 mg 100%
Bromelain (from pineapple) (stem) (2400 pelatin digestive units/gram).....	15 mg 100%
Delphinidins from Delphinol® maqui berry (Aristotelia chilensis) extract.....	2 mg 100%
Luciferin from marigold extract (flower) (providing 465 mcg trans-zeaxanthin).....	12.5 mg 100%
Olive juice extract (fruit).....	10 mg 100%
Sesame seed lignan extract (providing polyphenols, hydroxytyrosol, tyrosol and oleuropein).....	8 mg 100%
Luteolin from orange extract (fruit).....	3 mg 100%
Lycopene from Tomat-O-Red® natural tomato extract (fruit).....	1.25 mg 100%
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit)).....	0.5 mg 100%
trans-Pterostilbene (from pterPure®).....	0.5 mg 100%

*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 Nutritional, Inc. 4- SelenoPure® is a trademark of Nutrition 21. 5- Chromex® 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 LycoRed LTD. 9- POMECLA® Extract is covered under U.S. Patent 7,638,640 and POMECLA® is a registered trademark of Verdure Sciences, Inc. 10- pterPure® is a registered trademark of ChromaDex, Inc. 11- MiroSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12- TRAACS® and Albor® 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 by:
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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.

