

# LifeExtension®

## Life Extension Mix™ Capsules



State-of-the-Art  
Multi-Nutrient Formula

Dietary  
Supplement

490 Capsules

QE01854B

### Supplement Facts

Serving Size 14 Capsules (per day) • Servings Per Container 35

#### Amount Per Serving

	% Daily Value
Vitamin A (as 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.....3333%
Vitamin D3 (as cholecalciferol)	500 IU.....500%
Vitamin E (as D-alpha tocopherol succinate and D-alpha tocopherol)	100 IU.....333%
Thiamine (vitamin B1) (as thiamine HC)	125 mg.....8333%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	50 mg.....2941%
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 lemongrass extract [peel])	400 mcg.....100%
Biotin (as biotin)	600 mcg.....100%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)	3000 mg.....1000%
Calcium (as calcium pantothenate with 5 mg pantethine, Ca D-gluconate)	6000 mg.....6000%
Iodine (as potassium iodide)	218 mg.....22%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	150 mg.....100%
Selenium (as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free))	40 mg.....100%
Copper (as TRAACS® copper bisglycinate chelate)	35 mg.....233%
Manganese (as manganese gluconate chelate)	200 mcg.....286%
Chromium (as Cromine® + chromium stabilized with Capros®)	1 mg.....50%
Molybdenum (as sodium molybdate)	1 mg.....50%
Potassium (as potassium chloride)	500 mcg.....417%
N-Acetyl-L-cysteine (NAC)	125 mg.....167%
Inositol	600 mg.....1%
Phosphatidylcholine (from soy)	37.4 mg.....117%
Choline (as choline bitartrate)	200 mg.....**
Boron (as Albion® boronorganic glycine)	150 mg.....**
Trimethylglycine (TMG) (as betaine anhydrous)	120 mg.....**
Orbitis biflavonoid complex (bitter orange, pear and hawthorn [std. to 50% hesperidin (100 mg)])	100 mg.....**
Broccoli concentrate blend (broccoli extracts, plant and sprout, calcium D-gluconate (providing glucosinolates, sulforaphane, [D-T, PETC])	200 mg.....**
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg))	725 mg.....**
Acacia extract 4:1 (berry)	325 mg.....**
Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune, pomegranate)	300 mg.....**
Wild blueberry anthocyanin extract (fruit)	200 mg.....**
Milk thistle extract (seed) (std. to 85% silymarin (85 mg))	150 mg.....**
Mague berry (Aristealetta chilensis) anthocyanin extract (fruit)	100 mg.....**
CherryPure® art cherry (Prunus cerasus) proanthocyanidin extract (fruit)	85 mg.....**
Natural mixed niospheres (providing gamma, delta, alpha, beta tocopherols)	85 mg.....**
MirtoSelect® bilberry extract (fruit)	60 mg.....**
Leucoselect® grape proanthocyanidin extract (whole grapes)	30 mg.....**
Bioflavonoids (from pineapple (stem) (2400 mg trans-zeaxanthin))	25 mg.....**
Delphinidins (from mangold extract (flower) (providing 465 mg trans-zeaxanthin))	15 mg.....**
Olive juice extract (fruit)	12.5 mg.....**
Sesame seed lignan extract	10 mg.....**
Lutein (from orange extract (fruit))	8 mg.....**
Lycopene (from Tomato-O-Red® tomato extract (fruit))	3 mg.....**
Oxyanthin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg.....**
trans-Pterostilbene (from pteroflavan-3-ol)	0.5 mg.....**

\*Daily Value not established.

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.  
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.



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