

# LifeExtension®

## Life Extension Mix™ Tablets with Extra Niacin & without Copper



State-of-the-Art  
Multi-Nutrient Formula

Dietary  
Supplement

315 Tablets

QE01867B

### Supplement Facts

Serving Size 9 Tablets (per day) • Servings Per Container 35

Amount Per Serving	% Daily Value
Vitamin A (as Betatene® natural beta-carotene from dunaliella and acetate), Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, macrominade ascorbate, acerola extract)	5000 IU.....100% 2000 mg.....3333% 3333%.....100%
Vitamin D3 (as cholecalciferol)	200 IU.....500% 100 mg.....333% 8333%.....100%
Thiamine (vitamin B1) (as thiamine HCl)	125 mg.....294% 50 mg.....241% 4310%.....100%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	862 mg.....525% 105 mg.....100%
Niacin (as 56% niacinamide, 40% niacin, 2% niacinamide ascorbate)	400 mg.....100%
Vitamin B6 (as pyridoxal 5'-phosphate (100 mg) and pyridoxine HCl (5 mg))	3000 mcg.....1000% 600 mcg.....600% 10000%.....100%
Folate (from lemon extract (peel))	300 mcg.....100%
Vitamin B12 (as methylcobalamin)	100 mcg.....100%
Biotin	300 mcg.....100%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)	300 mg.....100%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-gluconate, iodine (as potassium iodide))	218 mg.....22% 150 mcg.....100%
Magnesium (as magnesium oxide, citrate, glycinate, tartrate, arginate, ascorbate)	400 mg.....100% 35 mg.....23% 200 mcg.....28%
Zinc (as zinc citrate, Optizinc® zinc monomethionine)	3000 mcg.....1000% 600 mg.....600% 10000%.....100%
Selenium (as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free))	200 mcg.....100%
Manganese (as manganese gluconate)	1 mg.....50% 500 mcg.....417%
Chromium (as Crominex® 3+ chromium stabilized with Capros®)	1 mg.....50% 125 mcg.....167% 37.4 mg.....1%
Molybdenum (as sodium molybdate)	600 mg.....100% 600 mg.....100%
Potassium (as potassium chloride)	200 mg.....100%
N-Acetyl-L-Cysteine (NAC)	200 mg.....100%
Taurine	200 mg.....100%
Inositol	200 mg.....100%
Phosphatidylcholine (from soy)	200 mg.....100%
Choline (as choline bitartrate)	200 mg.....100%
Boron (as Albion® boroganic glycine)	120 mg.....100%
Trimethylglycine (TMG) (as beaine anhydrous)	3 mg.....100%
Citrus bioflavonoid complex (bitter orange (peel and fruit))	100 mg.....100%
(1st to 50% hesperidin (100mg))	200 mg.....100%
Broccoli concentrate blend (proccoli extracts (plant and sprout), calcium D-gluconate (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%
Agarose extract 4:1 (berry)	300 mg.....100%
Fruitberry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, pomegranate, prune powders)	200 mg.....100%
Wild blueberry anthocyanin extract (fruit)	150 mg.....100%
Milk thistle extract (seeds) (standardized to 85% silymarin (85 mg))	100 mg.....100%
Mequi berry (Anthonella cherimoya) (Prunus carasensis) brananthocyanin extract (fruit)	100 mg.....100%
CherryPure® tart cherry (Prunus cerasus) brananthocyanin extract (skin)	85 mg.....100%
POMElla® pomegranate extract (fruit) (1st to 30% punicalagins (25.5 mg))	85 mg.....100%
Natural mixed tocopherols (fruit)	60 mg.....100%
MirtoSelect® bilberry extract (fruit)	30 mg.....100%
Lauroselect® grape seed pranthocyanin extract	25 mg.....100%
Biovine® grape proanthocyanin extract (whole grape skins)	15 mg.....100%
Delphinidins (from Deltapin® maqui berry (Aristotelia chilensis) extract)	2 mg.....100%
Olive juice extract (fresh fruit) (providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)	125 mg.....100%
Sesame seed lignan extract	10 mg.....100%
Luteolin (from orange extract (fruit))	8 mg.....100%
Lycopene (from tomato-O-Pure® natural tomato extract (fruit))	3 mg.....100%
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg.....100%
trans-Resveratrol (from pteropure®)	0.5 mg.....100%

\*\*Daily Value not established.

Other ingredients: dicalcium phosphate, microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, vegetable stearate, silica, pharmaceutical glaze, 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 18673 1

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.