

# LifeExtension®

## Life Extension Mix™ Capsules



State-of-the-Art  
Multi-Nutrient Formula

Dietary  
Supplement

490 Capsules

QE01954C

### 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 duraliella 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)	2000 IU.....500%
Vitamin E (as d-alpha tocopherol succinate and D-alpha tocopherol)	100 mg.....333%
Thiamine (Vitamin B1) (as thiamine HCl)	125 mg.....8333%
Riboflavin (Vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	50 mg.....2841%
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%
Vitamin B12 (as methylcobalamin)	400 mcg.....100%
Biotin	3000 mcg.....1000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)	600 mg.....6000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca-D-glucarate)	3000 mg.....1000%
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))	35 mg.....233%
Copper (as TRAACS® copper bisglycinate chelate)	200 mg.....288%
Manganese (as manganese gluconate)	1 mg.....100%
Chromium (as Crominex® 3+ chromium stabilized with Capros®)	1 mg.....100%
Molybdenum (as sodium molybdate)	500 mcg.....50%
Potassium (as potassium chloride)	37.4 mg.....417%
N-Acetyl-L-cysteine (NAC)	125 mg.....167%
Taurine	600 mg.....**
Inositol	200 mg.....**
Phosphatidylcholine (from soy)	250 mg.....**
Choline (as choline bitartrate)	150 mg.....**
Boron (as Albion® boron glycine)	120 mg.....**
Trimethylglycine (TMG) (as betaine anhydrous)	3 mg.....**
Citrus bioflavonoid complex (bitter orange (peel and fruit) [std. to 50% hesperidin (100 mg)])	100 mg.....**
Broccoli concentrate blend [broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane)]	200 mg.....**
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG)) (14.625 mg)	725 mg.....**
Aceroia extract 4:1 (berry)	325 mg.....**
Fruit berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, pomegranate, prune powders)	300 mg.....**
Wild blueberry anthocyanin extract (fruit)	200 mg.....**
Milk thistle extract (seeds) (std. to 85% silymarin (85 mg))	150 mg.....**
Mague berry (Aristolete aethiopum) anthocyanin extract (fruit)	100 mg.....**
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)	85 mg.....**
Natural mixed biophosphates (providing gamma, delta, alpha, beta isophosphorus)	60 mg.....**
MirtoSelect® bilberry extract (fruit)	30 mg.....**
Leucoselect® grape seed proanthocyanidin extract	25 mg.....**
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gm)	15 mg.....**
Diplinidins (from mangold extract (flower)) (providing 465 mg trans-zeaxanthin)	15 mg.....**
Olive juice extract (fruit)	12.5 mg.....**
Sesame seed lignin extract	10 mg.....**
Lutein (from orange extract (fruit))	8 mg.....**
Lyopome from Tomato-O-Red® tomato extract (fruit)	3 mg.....**
Quercetin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg.....**
trans-Pterostilbene (from pteroPure®)	0.5 mg.....**
NIAGEN® Nicotinamide Riboside	2 mg.....**

\*Daily Value not established.

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

Contains fish (tilapia) and soybeans.

Manufactured for:  
Quality Supplements and Vitamins, Inc.  
Ft. Lauderdale, FL 33309  
LifeExtension.com  
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.



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.