

LifeExtension®

Life Extension Mix™ Tablets



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

315 Tablets

Supplement Facts

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

Amount Per Serving	% Daily Value
Vitamin A (as Betatene®¹ natural 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).....	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 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 lemon extract (peel)).....	400 mcg..... 100%
Vitamin B12 (as methylcobalamin).....	600 mcg..... 10000%
Biotin.....	3000 mcg..... 1000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine).....	600 mg..... 6000%
Calcium (as Ca ascorbate, dicalcium phosphate, D-calcium pantothenate, Ca D-glucarate).....	400 mg..... 40%
Iodine (as potassium iodide).....	150 mcg..... 100%
Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate).....	400 mg..... 100%
Zinc (as zinc citrate, OptiZinc®² zinc monomethionine).....	35 mg..... 2333%
Selenium (as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free).....	200 mcg..... 286%
(SelenoPure™³), 25% sodium selenite)	
Copper (as TRAACS®¹² copper bisglycinate chelate).....	1 mg..... 50%
Manganese (as manganese gluconate).....	1 mg..... 50%
Chromium [as Chrominex®³ 3+ chromium stabilized with Capros®..... amla extract (fruit) and PrimaVie®⁴ Shilajit]	500 mcg..... 417%
Molybdenum (as sodium molybdate).....	125 mcg..... 167%
Potassium (as potassium chloride).....	37.4 mg..... 1%
N-Acetyl-L-cysteine (NAC).....	600 mg..... **
Taurine.....	200 mg..... **
Inositol.....	250 mg..... **
Phosphatidylcholine (from soy).....	150 mg..... **
Choline (as choline bitartrate).....	120 mg..... **
Boron (as Albion®¹² bororganic glycine).....	3 mg..... **
Trimethylglycine (TMG) (as betaine anhydrous).....	100 mg..... **
Citrus bioflavonoid complex bitter orange (peel and fruit) [std. to 50% hesperidin (100mg)].....	200 mg..... **
Broccoli concentrate blend [broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane)]	725 mg..... **
Decaffeinated green tea extract (leaf) [standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg)]	325 mg..... **
Acerola extract 4:1 (berry).....	300 mg..... **
Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	200 mg..... **
Wild blueberry anthocyanin extract (fruit).....	150 mg..... **
Milk thistle extract (seeds) [std. to 85% silymarin (85 mg)].....	100 mg..... **
Maqui berry (<i>Aristotelia chilensis</i>) anthocyanin extract (fruit).....	100 mg..... **
CherryPure®¹³ tart cherry (<i>Prunus cerasus</i>) proanthocyanidin extract (skin).....	85 mg..... **
POMELLA®¹⁵ pomegranate extract (fruit) [std. to 30% punicalagins (25.5 mg)].....	85 mg..... **
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols).....	60 mg..... **
MirtoSelect®¹¹ bilberry extract (fruit).....	30 mg..... **
Leucoselect®¹⁶ grape seed proanthocyanidin extract.....	25 mg..... **
BioVin®¹⁷ grape proanthocyanidin extract (whole grapes).....	25 mg..... **
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram).....	15 mg..... **
Delphinidins [from Delphinol®¹⁸ maqui berry (<i>Aristotelia chilensis</i>) extract].....	2 mg..... **
Lutein [from marigold extract (flower)] (providing 465 mcg <i>trans</i> -zeaxanthin).....	15 mg..... **
Olive juice extract (fruit).....	12.5 mg..... **
(providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)	
Sesame seed lignan extract.....	10 mg..... **
Luteolin [from orange extract (fruit)].....	8 mg..... **
Lycopene [from Tomat-O-Red®¹⁹ natural tomato extract (fruit)].....	3 mg..... **
Cyanidin-3-glucoside (C3G) [from black currant extract (fruit)].....	1.25 mg..... **
<i>trans</i> -Pterostilbene (from pTeroPure®²⁰).....	0.5 mg..... **
NIAGEN®¹⁰ Nicotinamide Riboside.....	2 mg..... **

**Daily Value not established.

Other ingredients: microcrystalline cellulose, stearic acid, maltodextrin, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin), vegetable stearate, croscarmellose sodium, medium chain triglycerides.
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.

