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Tomat-O-Red® is a registered trademark of LycoRed LTD.

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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.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Vitamin E (as D-alpha tocopherol)	45 IU 150%
Vitamin K activity from: Vitamin K1 (as phytonadione) 1500 mcg Vitamin K2 (as menaquinone-4) 1000 mcg Vitamin K2 (as menaquinone-7) 200 mcg	2700 mcg 3375%
Vitamin B12 (as methylcobalamin)	300 mcg 5000%
Gamma E Mixed Tocopherols	359 mg **
MacuGuard® Carotenoid Phospholipid Blend Phospholipids, marigold extract (flower) [providing 10 mg free lutein, 4 mg meso-zeaxanthin & trans-zeaxanthin]	145 mg **
Chlorophyllin (from sodium magnesium chlorophyllin)	100 mg **
Wild blueberry whole extract (fruit)	100 mg **
Sesame seed lignan extract	20 mg **
Lycopene proprietary blend [from Micronized Lycopene and Tomat-O-Red® natural tomato extract (fruit)]	10 mg **
C3G (Cyanidin-3-glucoside) [from European black currant extract (fruit)]	2.2 mg **

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, stearic acid, silica.

Non-GMO

Two-Per-Day Capsules

Supplement Facts

Serving Size 2 Capsules • Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene, acetate)	5000 IU 100%
Vitamin C (as ascorbic acid, niacinamide and calcium ascorbates)	500 mg 833%
Vitamin D3 (as cholecalciferol)	2000 IU 500%
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	100 IU 333%
Thiamine (vitamin B1) (as thiamine HCl)	75 mg 5000%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	50 mg 2941%
Niacin (as niacinamide, niacinamide ascorbate)	50 mg 250%
Vitamin B6 (as pyridoxine HCl, pyridoxal 5'-phosphate)	75 mg 3750%
Folate (as L-5-methyltetrahydrofolate calcium salt)	400 mcg 100%
Vitamin B12 (as methylcobalamin)	300 mcg 5000%
Biotin	300 mcg 100%
Pantothenic acid (as D-calcium pantothenate)	100 mg 1000%
Calcium (as D-calcium pantothenate, Ca ascorbate, dicalcium phosphate)	10 mg 1%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	100 mg 25%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	30 mg 200%
Selenium [as L-selenomethionine (yeast free) (SelenoPure™), Se-Methyl L-Selenocysteine, sodium selenite]	200 mcg 286%
Manganese (as manganese citrate, gluconate)	2 mg 100%
Chromium [as Crominex® 3+ chromium stabilized with Capros® amia extract (fruit), PrimaVie® Shilajit]	200 mcg 167%
Molybdenum (as molybdenum amino acid chelate)	100 mcg 133%
Potassium (as potassium citrate)	25 mg 1%
Alpha lipoic acid	25 mg **
Boron (as Albion® bororganic glycine)	3 mg **
Choline (as choline bitartrate)	20 mg **
Inositol	50 mg **
Marigold extract (flowers) [std. to 5 mg trans-lutein, 155 mcg trans-zeaxanthin]	11.12 mg **
Lycopene [from Tomat-O-Red® natural tomato extract (fruit)]	1 mg **
Natural mixed tocopherols (providing gamma, delta, alpha, beta)	20 mg **
NIAGEN® Nicotinamide Riboside	1 mg **

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, rice flour, vegetable stearate, silica, maltodextrin, chlorophyllin.

Contains soybeans.



LifeExtension®

Comprehensive
Nutrient Packs
ADVANCED

Daily Supply of Key Nutrients
in Convenient Packs

Dietary Supplement

30 Packs

Super Ubiquinol CoQ10
Enhanced Mitochondrial Support™

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories	5
Calories from Fat	5
Total Fat	0.5 g 1%†
Ubiquinol (as Kaneka QH Ubiquinol®)	100 mg **
PrimaVie® Shilajit fulvic acid complex	100 mg **

**Daily Value not established. †Based on a 2,000 calorie per day diet.

Other ingredients: sunflower oil, gelatin, glycerin, purified water, beeswax, caramel color.

Non-GMO

OMEGA FOUNDATIONS™
Super Omega-3 EPA/DHA
with Sesame Lignans & Olive Fruit Extract

Supplement Facts

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	25
Calories from Fat	25
Total Fat	2.5 g 4%†
Cholesterol	<5 mg 2%†
Pure+™ Wild Fish Oil Concentrate	2000 mg **
Yielding: EPA (eicosapentaenoic acid) 700 mg ** DHA (docosahexaenoic acid) 500 mg ** Typical DPA (docosapentaenoic acid) . . 90 mg	
Polyphen-Oil™ Olive extract (fruit and leaf) [providing 19.5 mg polyphenols, 5.2 mg hydroxytyrosol/tyrosol, 4.4 mg verbascoside/oleuropein]	300 mg **
Sesame seed lignan extract	10 mg **

**Daily Value not established. †% Daily Value is based on a 2000 calorie diet.

Other ingredients: highly refined fish oil concentrate (Alaska Pollock), gelatin, glycerin, purified water, silica, maltodextrin, natural lemon flavor, caramel color, sunflower lecithin, mixed tocopherols, rosemary extract.

Non-GMO

DIRECTIONS: Take one (1) packet daily with a meal, or as recommended by a healthcare practitioner. To ensure product consistency, store tightly closed in a cool, dry place.

CAUTION: 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. If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product. Do not take if you have gallbladder problems or gallstones.

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.

These statements have not been
evaluated by the Food and
Drug Administration.
These products are not intended
to diagnose, treat, cure, or prevent
any disease.