

# LifeExtension®

## Life Extension Mix™ Powder



State-of-the-Art  
Multi-Nutrient Formula

Dietary  
Supplement

Net Wt. 420g  
(0.92 lb. or 14.81oz.)

QE01956B

### Supplement Facts

Serving Size 3 Scoops (approx. 12 grams) (per day) • Servings Per Container About 35

Amount Per Serving	% Daily Value
Vitamin A (as Betatene® natural beta-carotene from dicalcium and acetate)	5000 IU.....100%
Vitamin C (as ascorbic acid, calcium ascorbate, ascorbyl palmitate, acerola extract)	2000 mg.....3333%
Magnesium (as magnesium ascorbate, D-alpha tocopherol)	500 mg.....333%
Vitamin D3 (as cholecalciferol)	200 IU.....500%
Vitamin E (as D-alpha tocopherol succinate and D-alpha tocopherol)	100 IU.....500%
Thiamine (Vitamin B1) (as thiamine HCl)	125 mg.....333%
Riboflavin (Vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	50 mg.....333%
Niacin (as 33% niacinamide, 38% niacin, 9% nicotinamide ascorbate)	190 mg.....590%
Vitamin B6 (as pyridoxal 5'-phosphate (100 mg) and pyridoxine HCl (5 mg))	105 mg.....5250%
Folate (from lemon extract (peel))	400 mcg.....100%
Biotin	600 mcg.....100%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)	3000 mcg.....1000%
Calcium (as Ca carbonate, Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)	600 mg.....200%
Iodine (as potassium iodide)	218 mg.....22%
Choline (as magnesium oxide, citrate, glycinate, taurinate, arachidate, ascorbate)	150 mcg.....100%
Zinc (as zinc citrate OptiZinc® zinc monomethionine)	400 mg.....100%
Selenium (as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free))	35 mg.....233%
Copper (as TRAACS® copper bisglycinate chelate)	200 mcg.....286%
Manganese (as manganese gluconate)	1 mg.....50%
Cinnamom (as Crominex®-3+ cinnamom stabilized with Capros® amine extract (fruit) and Primavine® Shilajit)	500 mg.....50%
Molybdenum (as sodium molybdate)	125 mcg.....167%
Potassium (as potassium chloride)	374 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® boroganic glycine)	3 mg.....**
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg.....**
Citrus bioflavonoid complex (bitter orange, grape and fruit)	200 mg.....**
[std. to 50% hesperidin (100 mg)]	
Broccoli concentrate blend (broccoli extract (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.....**
Acetona extract 4:1 (berry)	300 mg.....**
Fruitberry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, passionfruit, 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 (Aristeaella chilensis) (antocyanin extract (fruit))	65 mg.....**
CherryPure® tart cherry (Prunus cerasus) (anthocyanin extract (skin))	85 mg.....**
POMELLA® pomegranate extract (fruit) [std. to 30% punicalagins (25 mg)]	60 mg.....**
Nature mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	30 mg.....**
MirtoSelect® grape seed (proanthocyanidin extract)	25 mg.....**
Bioflavan® grape proanthocyanidin extract (whole grapes)	25 mg.....**
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram)	15 mg.....**
Delphinidins (from Delphin® maqui berry (Aristeaella chilensis) extract)	2 mg.....**
Lutein (from marigold extract (flower)) (providing 465 mcg trans-zeaxanthin)	15 mg.....**
Olive juice extract (fruit)	125 mg.....**
(providing polyphenols, hydroxytyrosol, lycopersol and oleuropein)	10 mg.....**
Sesame seed lignan extract	8 mg.....**
Luteolin (from orange extract (fruit))	3 mg.....**
Lycopene (from Tomato-0-Red® natural tomato extract (fruit))	1.25 mg.....**
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	.05 mg.....**
trans-Resveratrol (from grape puree™)	2 mg.....**

\*\*Daily Value not established.

Other ingredients: maltodextrin, natural orange flavor, stevia extract, 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.

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