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LifeExtension®

Life Extension
Mix™ Powder



State-of-the-Art
Multi-Nutrient Formula

Dietary
Supplement

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

QE01956C

Supplement Facts

Amount Per Serving		% Daily Value
Serving Size 3 Scoops (approx. 12 grams) • Servings Per Container About 35		
Vitamin A (as Betatene® natural beta-carotene from dunaliella and acetate)	5000 IU	100%
Vitamin C (as ascorbic acid, calcium ascorbate, ascorbyl palmitate, magnesium ascorbate, nicotinamide ascorbate, acerola extract)	2000 mg	333%
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	833%
Riboflavin (Vitamin B2) (as riboflavin and riboflavin 5-phosphate)	50 mg	294%
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	1000%
Biotin	3000 mcg	1000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine)	600 mg	6000%
Calcium (as Ca carbonate, Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)	218 mg	22%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate)	400 mg	100%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	35 mg	233%
Selenium (as 50% Se-Methyl L-Selenocystine, 25% L-selenomethionine (yeast free) (SelenoPure™), 25% sodium selenite)	200 mcg	286%
Copper (as TRAACS® copper bisglycinate chelate)	1 mg	50%
Manganese (as manganese gluconate)	1 mg	50%
Chromium (as Chromiex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shiagel)	500 mcg	417%
Molybdenum (as sodium molybdate)	125 mcg	167%
Potassium (as potassium chloride)	37.4 mg	1%
N-Acetyl-L-cysteine (NAC)		
Taurine	600 mg	**
Inositol	200 mg	**
Phosphatidylcholine (from soy)	250 mg	**
Choline (as choline bitartrate)	150 mg	**
Boron (as Albor® boronorganic 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) (146.25 mg))	725 mg	**
Acerola extract 4:1 (berry)	325 mg	**
Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	300 mg	**
Mild blueberry anthocyanin extract (fruit)	200 mg	**
Milk thistle extract (seeds) (std. to 85% silymarin (85 mg))	150 mg	**
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit)	100 mg	**
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)	100 mg	**
POMECLA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg))	85 mg	**
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	85 mg	**
MirtoSelect® bilberry extract (fruit)	60 mg	**
LeucosSelect® grape seed proanthocyanidin extract	30 mg	**
BioVin® grape proanthocyanidin extract (whole grapes)	25 mg	**
Bromelain (from pineapple) (stem) (2400 pepsin digestive units/gram)	25 mg	**
Delphinidins (from Delphin® maqui berry (Aristotelia chilensis) extract)	15 mg	**
Lutein (from marigold extract (flower)) (providing 465 mcg trans-zeaxanthin)	2 mg	**
Olive juice extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)	12.5 mg	**
Sesame seed lignan extract	10 mg	**
Luteolin (from orange extract (fruit))	8 mg	**
Lycopene (from Tomat-O-Red® natural tomato extract (fruit))	3 mg	**
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg	**
trans-Pterostemane (from pteropure™)	0.5 mg	**
NIAGEN® Nootlinamide Riboside	2 mg	**
Daily Value not established.		

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DIRECTIONS: Take three (3) scoops per day in divided doses with meals, or as recommended by a healthcare practitioner. Powder may not completely dissolve.

CAUTION: Temporary flushing, itching, rash or gastric disturbances may occur. Liver function testing is recommended when niacin is taken in excess of 500 mg daily. Those with gout or liver diseases should avoid taking high doses of niacin. Consult with your doctor before using this product if you are taking anticoagulant medications. 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. Individuals with in-born errors of copper metabolism (e.g. Wilson's disease) should avoid daily, chronic use of this product.

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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.

Other Ingredients: maltodextrin, stevia extract, medium chain triglycerides, natural orange flavor.

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.

