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LifeExtension®

Life Extension Mix™ Capsules without Copper



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

490 Capsules

QE01964A

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 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 pantothenic acid)	600 mg	6000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)	218 mg	22%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, citrate, glycinate, tartrate, arginate, ascorbate)	400 mg	100%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	35 mg	233%
Selenium (as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free) (SelenoPure™), 25% sodium selenite)	200 mcg	266%
Manganese (as manganese gluconate)	1 mg	50%
Chromium (as Chrominex® 3+ chromium stabilized with Capros®)	500 mcg	417%
amla extract (fruit) and PrimaVie® Shilajit		
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 Albor® bororganic glycine)	3 mg	
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg	
Citrus bioflavonoid complex bitter orange (peel and fruit) (std. to 50% hesperidin (100 mg))	200 mg	
Broccoli concentrate blend (broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane, D-3T, PEITC))	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 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 (Aristotelia chilensis) anthocyanin extract (fruit)	100 mg	
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)	85 mg	
POMELLA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg))	85 mg	
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg	
MiroSelect® bilberry extract (fruit)	30 mg	
Leucoselect® grape seed proanthocyanidin extract	25 mg	
BioVin® grape proanthocyanidin extract (whole grapes)	25 mg	
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram)	15 mg	
Delphinidins (from Delphinol® maqui berry (Aristotelia chilensis) extract)	2 mg	
Lutein (from marigold extract (flower)) (providing 465 mcg trans-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® natural tomato extract (fruit))	3 mg	
Cyanidin-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, silica, vegetable stearate, medium chain triglycerides, maltodextrin.
Contains fish (tilapia) and soybeans.

Manufactured for:
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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.



DIRECTIONS: Take fourteen (14) capsules per day in divided doses with meals, or as recommended by a healthcare practitioner.

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.

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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.