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# Life Extension Mix™ Capsules



State-of-the-Art  
Multi-Nutrient Formula

QE02052A

Dietary  
Supplement

100 Capsules

## Supplement Facts

Serving Size 14 Capsules (per day) • Servings Per Container 7

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene, acetate)	5000 IU ..... 100%
Vitamin C (as calcium ascorbate, magnesium ascorbate, acerola extract)	2000 mg ..... 3333%
Vitamin D3 (as cholecalciferol)	2000 IU ..... 500%
Vitamin E (as d-alpha tocopherol succinate, d-alpha tocopherol)	100 IU ..... 333%
Thiamine (vitamin B1) (as thiamine HCl)	125 mg ..... 833%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	50 mg ..... 2941%
Niacin (as 61% niacinamide, 37% niacin, 2% niacochrome ascorbate)	190 mg ..... 950%
Vitamin B6 (as pyridoxol 5'-phosphate (100 mg), pyridoxine HCl (5 mg))	105 mg ..... 505%
Folate (as L-5-methyltetrahydrofolate calcium salt)	400 mcg ..... 100%
Vitamin B12 (as methylcobalamin)	600 mcg ..... 10000%
Biotin	3000 mcg ..... 1000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine), Ca D-glucarate, calcium pantothenate	600 mg ..... 6000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate, iodine (as potassium iodide))	200 mg ..... 20%
Magnesium (as magnesium oxide, arginate, citrate, taurinate, glycinate, ascorbate)	150 mg ..... 100%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	35 mg ..... 233%
Selenium (as L-selenomethionine yeast free) (SelanoPure™), Se-Methyl L-Selenocysteine, sodium selenite)	200 mcg ..... 286%
Copper (as TRAACS® copper bisglycinate chelate)	1 mg ..... 50%
Manganese (as manganese gluconate, citrate)	1 mg ..... 50%
Chromium (as Crominex® 3+, chromium stabilized with Capros® amino extract (fruit), Primalife® Shilajit)	500 mcg ..... 417%
Molybdenum (as molybdenum amino acid chelate)	125 mcg ..... 167%
Potassium (as potassium chloride)	35 mg ..... 1%
N-Acetyl-L-Cysteine (MAC)	600 mg ..... **
Taurine	200 mg ..... **
Inositol	250 mg ..... **
Phosphatidylcholine (from soy)	150 mg ..... **
Choline (as Albion® borotaurine, choline bitartrate)	120 mg ..... **
Boron (as Albion® borotaurine, glycine)	3 mg ..... **
Citrus bioflavonoid complex bitter orange (peel and fruit)	100 mg ..... **
Istd. to 50% hesperidin (100 mg)	200 mg ..... **
Broccoli concentrate blend (broccoli extracts (plant and sprout) (providing glucosinolates, sulforaphane), calcium D-glucarate)	725 mg ..... **
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg))	325 mg ..... **
Ageless Extract 4:1 (berry)	300 mg ..... **
Fruitberry 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 (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 ..... **
MirtoSelect® bilberry extract (fruit)	30 mg ..... **
BioVin® grape proanthocyanidin extract (whole grapes)	25 mg ..... **
BioPome® grape seed proanthocyanidin extract (fruit)	15 mg ..... **
Lycopene (from tomato) natural tomato extract (fruit)	15 mg ..... **
Cannabidiol (from hemp) natural hemp extract (fruit)	2 mg ..... **
Delphinidins (from Delphinol® maqui berry (Aristotelia chilensis) extract)	2 mg ..... **
Lutein (from marigold extract (flower)) (providing gamma, delta, alpha, beta tocopherols)	15 mg ..... **
Wild blueberry anthocyanin extract (fruit)	125 mg ..... **
Olive juice extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	10 mg ..... **
Sesame seed lignan extract	8 mg ..... **
Luteolin (from orange extract (fruit))	3 mg ..... **
Lycopene (from tomato) natural tomato extract (fruit)	3 mg ..... **
Cannabidiol (from hemp) natural hemp extract (fruit)	125 mg ..... **
trans-Resveratrol (from grape) (providing resveratrol (90%))	0.5 mg ..... **
NIAGEN® Nicotinamide Riboside	2 mg ..... **

\*\*Daily Value not established.

Other ingredients: gelatin, microcrystalline cellulose, vegetable stearate, silica, maltodextrin, medium chain triglycerides.

Contains soybeans.

Manufactured for:  
Quality Supplements and Vitamins, Inc.,  
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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.



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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.