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LifeExtension®

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, ascorbic acid, ascorbyl palmitate, niacinamide ascorbate, magnesium ascorbate, acerola extract)	2000 mg 333%
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)	125 mg 833%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	50 mg 294%
Niacin (as 61% niacinamide, 37% niacin, 2% niacinamide ascorbate)	190 mg 950%
Vitamin B6 (as pyridoxal 5'-phosphate (100 mg), pyridoxine HCl (5 mg))	105 mg 5250%
Folate (as L-5-methyltetrahydrofolate calcium salt)	400 mcg 100%
Vitamin B12 (as methylcobalamin)	3000 mcg 1000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine)	600 mg 600%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate, dicalcium phosphate)	200 mg 20%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide, arginate, citrate, taurinate, glycinate, ascorbate)	400 mg 100%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	35 mg 233%
Selenium (as L-selenomethionine (yeast free) (SelenoPure™))	200 mcg 288%
Copper (as TRAACS® copper bisglycinate chelate)	1 mg 50%
Manganese (as manganese gluconate, citrate)	1 mg 50%
Chromium (as Chrominex® 3+, Capros® and PrimaVie® Shilajit) amla extract (fruit), PrimaVie® Shilajit)	500 mcg 417%
Molybdenum (as molybdenum amino acid chelate)	125 mcg 167%
Potassium (as potassium chloride)	35 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® boron glycine)	3 mg **
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg **
Citrus bioflavonoid complex bitter orange (peel and fruit)	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 **
Acerola extract 4:1 (berry)	300 mg **
Fruit/berry 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)	80 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 **
Leucoslect® 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 **
Delphinolins 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, 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.

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

Contains 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.

