



Life Extension Mix™ Capsules



State-of-the-Art
Multi-Nutrient Formula

Dietary
Supplement

490 Capsules

QE02054A

Supplement Facts	
Amount Per Serving	% Daily Value
Serving Size 14 Capsules (per day) • Servings Per Container 35	
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.....3333%
Vitamin D3 (as cholecalciferol)	2000 IU.....500%
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	100 IU.....333%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	125 mg.....833%
Niacin (as 61% niacinamide, 37% niacin, 2% niacitamide ascorbate)	50 mg.....2941%
Vitamin B6 (as pyridoxal 5'-phosphate (100 mg), pyridoxine HCl (5 mg))	190 mg.....950%
Folate (as L-5-methyltetrahydrofolic acid calcium salt)	400 mg.....5250%
Vitamin B12 (as methylcobalamin)	1000 mg.....10000%
Biotin	600 mcg.....1000%
Pantothenic acid (as D-calcium pantothenate with 5 mg panthenol)	3000 mcg.....10000%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-gluconate, calcium phosphate)	600 mg.....6000%
Iodine (as potassium iodide)	200 mg.....200%
Magnesium (as magnesium oxide, arginate, citrate, taurinate, glycinate, ascorbate)	150 mg.....100%
Zinc (as zinc citrate, OptiZinc® zinc mononicotinate)	400 mg.....100%
Selenium (as L-selenocysteine, yeast free) (SelenoPure™)	35 mg.....233%
Se-Methyl L-Selenocysteine, sodium selenite	200 mg.....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®)	500 mcg.....417%
Boron (as Albion® borogenc® boron/glycine)	3 mg.....167%
Molybdenum (as molybdenum amino acid chelate)	125 mcg.....35 mg.....1%
Potassium (as potassium chloride)	600 mg.....600 mg.....**
Taurine	200 mg.....200 mg.....**
Phosphatidylcholine (from soy)	150 mg.....150 mg.....**
Choline (as choline bitartrate)	120 mg.....120 mg.....**
Trimethylglycine (TMG) (as betaine anhydrous)	3 mg.....3 mg.....**
Citrus bioflavonoid complex (bitter orange (peel and fruit) (std. to 50% hesperidin) (100 mg))	100 mg.....100 mg.....**
Broccoli concentrate blend (broccoli extracts (plant and sprout) (providing glucoraphanin, sulforaphane), calcium D-gluconate)	200 mg.....725 mg.....**
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg))	325 mg.....325 mg.....**
Agave extract 4:1 (barley)	300 mg.....300 mg.....**
Fruitberry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	200 mg.....200 mg.....**
Wild blueberry anthocyanin extract (fruit)	150 mg.....150 mg.....**
Milk thistle extract (seeds) (std. to 88% silymarin (85 mg))	100 mg.....100 mg.....**
Maqui berry (Aristeaella chilensis) anthocyanin extract (fruit)	85 mg.....85 mg.....**
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)	100 mg.....100 mg.....**
POMElla® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg))	65 mg.....65 mg.....**
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg.....60 mg.....**
MirtoSelect® bilberry extract (fruit)	30 mg.....30 mg.....**
Leucosellect® grape seed proanthocyanidin extract (whole grapes)	25 mg.....25 mg.....**
BioVin® grape proanthocyanidin extract (whole grapes)	15 mg.....15 mg.....**
Bromelain (from pineapple (stem) (2400 gelatin digestive units/gram))	2 mg.....2 mg.....**
Delphinol® (from Delphinium® maqui berry (Aristeaella chilensis) extract (fruit)) (providing 465 mcg trans-resveratrol)	15 mg.....15 mg.....**
Olive juice extract (fruit)	125 mg.....125 mg.....**
Sesame seed lignan extract	10 mg.....10 mg.....**
Luteolin (from orange (fruit))	8 mg.....8 mg.....**
Lycopene (from tomato-O-HD® natural tomato extract (fruit))	3 mg.....3 mg.....**
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	125 mg.....125 mg.....**
NIAGEN® Nicotinobetafolic Riboside	0.5 mg.....0.5 mg.....**
	2 mg.....2 mg.....**

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.

