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LifeExtension®

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) | 1000 IU..... 500% |
| Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol) | 100 IU..... 333% |
| Thiamine (Vitamin B1) (as thiamine HCl) | 125 mg..... 8333% |
| Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5'-phosphate) | 50 mg..... 2941% |
| 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) | 600 mcg..... 1000% |
| Biotin | 3000 mcg..... 6000% |
| Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenic acid) | 3000 mcg..... 1000% |
| 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, tartrate, 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% |
| Se-Methyl L-Selenocysteine, sodium selenite | |
| Copper (as TRAACS® copper bisglycinate chelate) | 1 mg..... 50% |
| Manganese (as manganese gluconate, citrate) | 1 mg..... 50% |
| Chromium (as Chrominex® 3+ chromium stabilized with Capros® anila 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) | 100 mg..... ** |
| Boron (as Albion® boronorganic glycine) | 120 mg..... ** |
| Trimethylglycine (TMG) (as betaine anhydrous) | 3 mg..... ** |
| Chia biotinoid complex bitter orange (peel and fruit) (std. to 50% hesperidin (100 mg)) | 100 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..... ** |
| 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..... ** |
| Leucoslect® grape seed proanthocyanidin extract (whole grapes) | 25 mg..... ** |
| BioVin® grape proanthocyanidin extract (chile grapes) | 25 mg..... ** |
| Bromelain (from pineapple) (stem) (2400 gelatin digest units/gram) | 15 mg..... ** |
| Delphinidin (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..... ** |
| Lycopene (from orange extract (fruit)) | 3 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.

