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# LifeExtension®

## Life Extension Mix™ Tablets



### State-of-the-Art Multi-Nutrient Formula

Dietary Supplement

315 Tablets

QE02055B

### Supplement Facts

Serving Size 9 Tablets (per day) • Servings Per Container 35

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, aceroid extract)	2000 mg.....3333%
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.....2941%
Niacin (as 61% niacinamide, 37% niacin, 2% niacinamide ascorbate)	195 mg.....500%
Vitamin B6 (as pyridoxal 5'-phosphate (100 mg), pyridoxine HCl (5 mg))	105 mg.....250%
Folate (as L-5-methyltetrahydrofolate calcium salt)	600 mcg.....10000%
Vitamin B12 (as methylcobalamin)	3000 mcg.....1000%
Biotin	6000 mcg.....6000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	460 mg.....46%
Calcium (as Ca ascorbate, dicalcium phosphate, D-calcium pantothenate, Ca D-glucarate)	150 mg.....100%
Iodine (as potassium iodide)	400 mg.....100%
Magnesium (as magnesium oxide, arginate, citrate, taurinate, glycinate, ascorbate)	35 mg.....23%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	200 mcg.....286%
Selenium (as L-selenomethionine (yeast free) (SelenoPure™))	1 mg.....50%
Se-Methyl-L-Selenocysteine, sodium selenite	1 mg.....50%
Copper (as TRAACS™; copper bisglycinate chelate)	1 mg.....50%
Manganese (as manganese gluconate, citrate)	1 mg.....50%
Chromium (as Chromine® 3+, Capros® and PrimaVie®)	500 mcg.....417%
amla extract (fruit), PrimaVie® Shilajit	
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 Abbor™ 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) (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)	85 mg.....
POMELLA® pomegrante extract (fruit) (std. to 30% punicalagins (26.5 mg))	66 mg.....
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg.....
MirtoSelect™ bilberry extract (fruit)	30 mg.....
Leucosect® grape seed proanthocyanidin extract	25 mg.....
BioVine® grape proanthocyanidin extract (whole grapes)	25 mg.....
Bromelain (from pineapple) (stem) (2400 gelatin digestive 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) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg.....
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-Parosistibene (from pteropure™)	0.5 mg.....
NIAGEN™ Nicotinamide Riboside	2 mg.....

\*Daily Value not established.

**DIRECTIONS:** Take nine (9) tablets 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:** stearic acid, maltodextrin, croscarmellose sodium, vegetable stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin), medium chain triglycerides, silica.

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.

