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product info

LifeExtension®

Life Extension
Mix™ Capsules
without Copper



State-of-the-Art
Multi-Nutrient Formula

Dietary
Supplement

490 Capsules

QE02064A

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%
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.....10000%
Biotin.....	3000 mcg.....6000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenine)	600 mg.....20%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate, dicalcium phosphate)	150 mcg.....100%
Iodine (as potassium iodide).....	400 mcg.....100%
Magnesium (as magnesium oxide, arginate, citrate, taurinate, glycinate, ascorbate)	35 mg.....233%
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)	500 mcg.....417%
Manganese (as manganese gluconate, citrate).....	125 mcg.....167%
Chromium (as Cromiumex® 3+ chromium stabilized with Capros®)	35 mcg.....1%
amla extract (fruit), PrimaVie® Shilajit)	
Molybdenum (as molybdenum amino acid chelate)	
Potassium (as potassium chloride)	
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 Abion® bororganic glycine).....	3 mg.....
Trimethylglycine (TMG) (as betaine anhydrous).....	100 mg.....
Citrus bioflavonoid complex bitter orange (peel and fruit)	
Broccoli concentrate blend (broccoli extracts (plant and sprout) (providing glucosinolates, sulforaphane), calcium D-glucarate)	
Decaffeinated green tea extract (leaf) (standardized to 45% epigallocatechin gallate (EGCG) (146:25 mg))	
Acerola extract 4:1 (berry).....	300 mg.....
Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	
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)	
CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)	
POMELLA® pomegranate extract (fruit) [std. to 30% punicalagins (25.5 mg)].....	85 mg.....
Natural mixed tocopherols providing gamma, delta, alpha, beta tocopherols)	
MirtoSelect®11 berry extract (fruit).....	60 mg.....
Leucoslect®11 grape seed proanthocyanidin extract.....	30 mg.....
BioVin®12 grape proanthocyanidin extract (whole grapes)	
Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gram)	
Delphinidin (from Delphinol® maqui berry (Aristotelia chilensis) extract)	
Lutein (from marigold extract (flower)) (providing 465 mcg trans-zeaxanthin) (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))	
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	
trans-Pterostilbene (from pteropure®10)	
NIAGEN®10 Nicotinamide Riboside.....	1.25 mg.....
	0.5 mg.....
	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.

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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.

