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LifeExtension®

Life Extension Mix™ Tablets without Copper



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

315 Tablets

QE02065A

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, 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).....	600 mcg..... 1000%
Biotin.....	3000 mcg..... 1000%
Pantoic acid (as D-calcium pantothenate with 5 mg pantothenic)	600 mcg..... 600%
Calcium (as Ca ascorbate, dicalcium phosphate, D-calcium pantothenate, Ca D-glucarate)	400 mg..... 40%
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..... 286%
Se-Methyl L-Selenomethionine, sodium selenite)	1 mg..... 50%
Manganese (as manganese gluconate, citrate)	500 mcg..... 417%
Chromium (as Chromine® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit)	125 mcg..... 167%
Molybdenum (as molybdenum amino acid chelate)	35 mcg..... 1%
Potassium (as potassium chloride).....	35 mcg..... 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 Albor® 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))	100 mg..... **
Broccoli concentrate blend (broccoli extracts (plant and sprout) (providing glucosinolates, sulforaphane), calcium D-glucarate)	725 mg..... **
Decaffeinated green tea extract (leaf) (std. to 45% epigallocatechin gallate (EGCG) (146.25 mg))	325 mg..... **
Acerola extract 4:1 (berry)	300 mg..... **
Fruit/cherry 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)	88 mg..... **
POMELLA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg))	88 mg..... **
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg..... **
MirtoSelect® bilberry extract (fruit)	30 mg..... **
Leucosselect® grape seed proanthocyanidin extract	25 mg..... **
BioVin® grape proanthocyanidin extract (whole grapes)	25 mg..... **
Bromelain (from pineapple) (stem) (2400 pepsin digestive units/gram)	15 mg..... **
Delphinidin (from Delphinol® maqui berry (Aristotelia chilensis) extract)	2 mg..... **
Luciferin from margold extract (flower) (providing 465 mcg trans-zeaxanthin)	15 mg..... **
Olive juice extract (fruit)	12.5 mg..... **
(providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	10 mg..... **
Sesame seed lignan extract	8 mg..... **
Luteolin (from orange extract (fruit))	3 mg..... **
Lycopene from Tomat-O-Red® natural tomato extract (fruit)	1.25 mg..... **
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	0.5 mg..... **
Trans-Pterocillibene (from pterocillibene)	0.5 mg..... **
NIAGEN® Nicotinamide Riboside	2 mg..... **

**Daily Value not established.

Other ingredients: stearic acid, maltodextrin, croscarmellose sodium, rice flour, 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.



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.

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