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# LifeExtension®

## Life Extension Mix™ Tablets without Copper



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

Dietary Supplement

315 Tablets

QE02065B

### 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, ascoroyl 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%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	6000 mcg.....600%
Calcium (as Ca ascorbate, dicalcium phosphate, D-calcium pantothenate, Ca D-glucarate)	460 mg.....46%
Iodine (as potassium iodide)	150 mcg.....100%
Magnesium (as magnesium oxide, arginate, citrate, laurinate, glycinate, ascorbate)	400 mg.....100%
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	35 mg.....233%
Selenium (as L-selenomethionine (yeast free) [SelenoPure™], Se-Methyl-L-selenocysteine, sodium selenite)	200 mcg.....286%
Manganese (as manganese gluconate, citrate)	1 mg.....50%
Chromium (as Chromine® 3+ chromium stabilized with Capros® amle extract (fruit), PrimaVie® Shilajit)	500 mcg.....417%
Molybdenum (as molybdenum amino acid chelate)	1 mg.....167%
Potassium (as potassium chloride)	125 mcg.....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 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))	200 mg.....
Broccoli concentrate blend (broccoli extracts (plant and sprout) (providing glucosinolates, sulforaphane), calcium D-glucarate) decaffeinated green tea extract (leaf) (std. to 45% epigallocatechin gallate (EGCG) (146.25 mg))	325 mg.....
Acerola extract 4:1 (berry)	300 mg.....
Fruity 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)	86 mg.....
POMELLA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg))	86 mg.....
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg.....
MirtoSelect® bilberry extract (fruit)	30 mg.....
Leucoslect® 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.....
Delphinidins (from Delphinol® maqui berry (Aristotelia chilensis) extract)	2 mg.....
Lutein (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))	3 mg.....
Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))	1.25 mg.....
Trans-Pterocillibene (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.

1- CherryPure® is a registered trademark of Shoreline Fruit, LLC. 2- Delphinol® is a registered trademark of MNL; protected by U.S. patent application US 13/076,117 and WIPO PCT/IB2010/002698. 3- OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc. 4- SelenoPure® is a trademark of Nutrition 21. 5- Chromine® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc. 6- Leucoslect® is a registered trademark of Indena S.p.A. 7- BioVin® is a registered trademark of Cyvex Nutrition. 8 - Tomat-O-Red® is a registered trademark of LycoRed LTD. 9 - POMELLA® Extract is covered under U.S. Patent 7,638,640 and POMELLA® is a registered trademark of Verdure Sciences, Inc. 10 - pteroPure® and NIAGEN® are registered trademarks of ChromaDex, Inc., Patents see: www.ChromaDexPatents.com. 11 - MirtoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12 - Albin® is a registered trademark of Albin Laboratories, Inc.

These statements have 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.  
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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.

