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LifeExtension®

Life Extension  
Mix™ Powder  
without Copper



State-of-the-Art  
Multi-Nutrient Formula

Dietary  
Supplement

Net Wt. 420 g  
(0.92 lb. or 14.81 oz.)

QE02066A

Supplement Facts

| Serving Size 3 Scoops (approx. 12 grams) (per day) • Servings Per Container About 35                                                                                                                                                     |                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| Amount Per Serving                                                                                                                                                                                                                       | % Daily Value        |
| Vitamin A (as beta-carotene, acetate)                                                                                                                                                                                                    | 5000 IU ..... 100%   |
| Vitamin C (as ascorbic acid, calcium ascorbate, 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 ..... 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 ..... 1000% |
| Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenic acid)                                                                                                                                                                  | 600 mg ..... 6000%   |
| Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate, dicalcium phosphate)                                                                                                                                                   | 150 mg ..... 15%     |
| 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-Selenocysteine, sodium selenite                                                                                                                                                                                              | 1 mg ..... 50%       |
| Manganese (as manganese gluconate, citrate)                                                                                                                                                                                              | 500 mcg ..... 417%   |
| Chromium (as Chromiex® 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)                                                                                                                                                                                                        | 600 mg ..... **      |
| N-Acetyl-L-cysteine (NAC)                                                                                                                                                                                                                | 200 mg ..... **      |
| Taurine                                                                                                                                                                                                                                  | 250 mg ..... **      |
| Inositol                                                                                                                                                                                                                                 | 150 mg ..... **      |
| Phosphatidylcholine (from soy)                                                                                                                                                                                                           | 100 mg ..... **      |
| Choline (as choline bitartrate)                                                                                                                                                                                                          | 100 mg ..... **      |
| Boron (as Albion® 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) (standardized to 45% epigallocatechin gallate (EGCG) (146.25 mg)) | 725 mg ..... **      |
| Acroela extract 4:1 (berry)                                                                                                                                                                                                              | 325 mg ..... **      |
| Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)                                                                                                                | 300 mg ..... **      |
| Wild blueberry anthocyanin extract (fruit)                                                                                                                                                                                               | 200 mg ..... **      |
| Milk thistle extract (seeds) (std. to 85% silymarin (65 mg))                                                                                                                                                                             | 150 mg ..... **      |
| Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit)                                                                                                                                                                          | 100 mg ..... **      |
| CherryPure® tart cherry (Prunus cerasus) proanthocyanidin extract (skin)                                                                                                                                                                 | 100 mg ..... **      |
| POMECLA® pomegranate extract (fruit) (std. to 30% punicalagins (25.5 mg))                                                                                                                                                                | 85 mg ..... **       |
| Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)                                                                                                                                                              | 85 mg ..... **       |
| MiroSelect® bilberry extract (fruit)                                                                                                                                                                                                     | 60 mg ..... **       |
| Leucoselect® grape seed proanthocyanidin extract                                                                                                                                                                                         | 30 mg ..... **       |
| BioVine® grape proanthocyanidin extract (whole grapes)                                                                                                                                                                                   | 25 mg ..... **       |
| Bromelain (from pineapple) (stem) (2400 gelatin digestive units (gran))                                                                                                                                                                  | 25 mg ..... **       |
| Lupulin (from Delphinol® maqui berry (Aristotelia chilensis) extract)                                                                                                                                                                    | 15 mg ..... **       |
| Letiwin (from marigold extract (flower)) (providing 465 mcg trans-zeaxanthin)                                                                                                                                                            | 2 mg ..... **        |
| Olive juice extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)                                                                                                                                                 | 15 mg ..... **       |
| Sesame seed lignan extract                                                                                                                                                                                                               | 12.5 mg ..... **     |
| Luteolin (from orange extract)                                                                                                                                                                                                           | 10 mg ..... **       |
| Lycopene (from Tomat-O-Red® natural tomato extract (fruit))                                                                                                                                                                              | 8 mg ..... **        |
| Cyanidin-3-glucoside (C3G) (from black currant extract (fruit))                                                                                                                                                                          | 3 mg ..... **        |
| trans-Pterostilbene (from pteropure®)                                                                                                                                                                                                    | 1.25 mg ..... **     |
| NIAGEN® Nicotinamide Riboside                                                                                                                                                                                                            | 0.5 mg ..... **      |
|                                                                                                                                                                                                                                          | 2 mg ..... **        |

\*\*Daily Value not established.

**DIRECTIONS:** Take three (3) scoops per day in divided doses with meals, or as recommended by a healthcare practitioner. Powder may not completely dissolve.

**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- Cromiex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc. 6- Leucoselect® is a registered trademark of Indena S.p.A. 7- BioVine® is a registered trademark of Cyvex Nutrition. 8- Tomat-O-Red® is a registered trademark of LycorRed LTD. 9- POMECLA® Extract is covered under U.S. Patent 7,638,640 and POMECLA® is a registered trademark of Verdure Sciences, Inc. 10 - pTeroPure® and NIAGEN® are registered trademarks of ChromaDex, Inc., Patents see: www.ChromaDexPatents.com. 11- MiroSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12- Albion® is a registered trademark of Albion Laboratories, Inc.

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: maltodextrin, stevia extract, medium chain triglycerides, natural orange flavor, 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.

