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LifeExtension®

Life Extension Mix™ Capsules



State-of-the-Art Multi-Nutrient Formula

Dietary
Supplement

490 Capsules

Supplement Facts

Serving Size 14 Capsules (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, nicotinamide ascorbate, magnesium ascorbate, ascorbic acid)	2000 mg.....3333%
Vitamin D3 (as cholecalciferol).....	2000 IU.....500%
Vitamin E (as d-alpha tocopheryl succinate, d-alpha tocopherol) Thiamine (Vitamin B1) (as thiamine HCl).....	100 IU.....3333% 125 mg.....2941%
Riboflavin (Vitamin B2) (as riboflavin 5'-phosphate) Niacin (as 61% niacinamide, 37% niacin, 2% niacinamide ascorbate) Vitamin B6 (as pyridoxal 5'-phosphate (100 mg), pyridoxine HCl (5 mg)) Folate (as L-5-methyltetrahydrofolate calcium salt) Vitamin B12 (as methylcobalamin).....	50 mg.....950% 105 mg.....5250% 400 mcg.....100% 600 mcg.....10000% 3000 mcg.....10000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenic acid) (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate, dicalcium phosphate) Iodine (as potassium iodide).....	600 mg.....6000% 200 mg.....20% 150 mcg.....100%
Magnesium (as magnesium oxide, arginate, citrate, tartrate, glycinate, ascorbate) Zinc (as zinc citrate, OptiZinc® zinc monomethionine) Selenium (as L-selenomethionine (yeast free) (SelenoPure™), Se-Methyl L-selenocysteine, sodium selenite) Copper (as TRAACS® copper bisglycinate chelate) Manganese (as manganese gluconate, citrate) Chromium (as Chrominex® 3+ chromium stabilized with Capros® anla extract (fruit), PrimaVie® Silajit) Molybdenum (as molybdenum amino acid chelate) Potassium (as potassium chloride).....	400 mg.....100% 35 mg.....233% 200 mcg.....286% 1 mg.....50% 1 mg.....50% 500 mcg.....417% 125 mcg.....167% 35 mg.....1%
N-Acetyl-L-cysteine (NAC) Taurine.....	600 mg.....
Inositol.....	200 mg.....
Phosphatidylcholine (from soy) Choline (as choline bitartrate) Boron (as Alborin® boronorganic glycine) Trimethylglycine (TMG) (as betaine anhydrous) Citrus bioflavonoid complex bitter orange (peel and fruit) (std. to 50% hesperidin (100 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)) Acerola extract 4:1 (berry) Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders) Wild blueberry anthocyanin extract (fruit) Milk thistle extract (seeds) (std. to 65% silymarin (65 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)) Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols) MiroSelect® bilberry extract (fruit) Leucoslect® grape seed proanthocyanidin extract BioVin® grape proanthocyanidin extract (whole grapes) Bromelain (from pineapple) (stem) (2400 gelatin digestive units/gran) Delphinidin from Delphinol® maqui berry (Aristotelia chilensis) extract Lutein from marigold extract (flower) (providing 465 mcg trans-zeaxanthin) Olive juice extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein) Sesame seed lignan extract Luteolin from orange extract (fruit) Lycopene from Tomat-O-Red® natural tomato extract (fruit) Cyanidin-3-glucoside (C3G) [from black currant extract (fruit)] trans-Pterostilbene (from pteropure®).....	150 mg..... 100 mg..... 100 mg..... 85 mg..... 85 mg..... 60 mg..... 30 mg..... 25 mg..... 15 mg..... 2 mg..... 15 mg..... 12.5 mg..... 10 mg..... 8 mg..... 3 mg..... 1.25 mg..... 0.5 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. Individuals with in-born errors of copper metabolism (e.g. Wilson's disease) should avoid daily, chronic use of this product.

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- Chrominex® 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® is a registered trademark of ChromaDex, Inc. 11- MiroSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12- TRAACS® and Alibion® are registered trademarks 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: gelatin, microcrystalline cellulose, vegetable stearate, silica, maltodextrin.

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.

