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Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) tablet daily with meals, or as recommended by a healthcare practitioner.

**CAUTION:** 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.

Store tightly closed in a cool, dry place.

#### 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.

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.

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.

QE02113A



# LifeExtension®

## One-Per-Day Tablets



### High Potency Multivitamin & Mineral Supplement

Dietary  
Supplement

60 Tablets

#### Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                                                                                   | % Daily Value |
|------------------------------------------------------------------------------------------------------|---------------|
| Vitamin A (as beta-carotene, acetate)                                                                | 5000 IU 100%  |
| Vitamin C (as ascorbic acid, niacinamide and calcium ascorbates)                                     | 500 mg 833%   |
| 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)                                                              | 75 mg 50000%  |
| Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)                                     | 50 mg 2941%   |
| Niacin (as niacinamide, nicotinamide ascorbate)                                                      | 50 mg 250%    |
| Vitamin B6 (as pyridoxine HCl, pyridoxal 5'-phosphate)                                               | 75 mg 3750%   |
| Folate (as L-5-methyltetrahydrofolate calcium salt)                                                  | 400 mcg 100%  |
| Vitamin B12 (as methylcobalamin)                                                                     | 300 mcg 5000% |
| Biotin                                                                                               | 300 mcg 100%  |
| Pantothenic acid (as D-calcium pantothenate)                                                         | 100 mg 1000%  |
| Calcium (as dicalcium phosphate, D-calcium pantothenate, Ca ascorbate)                               | 20 mg 2%      |
| Iodine (as potassium iodide)                                                                         | 150 mcg 100%  |
| Magnesium (as magnesium oxide)                                                                       | 100 mg 25%    |
| Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)                                   | 30 mg 200%    |
| Selenium (as sodium selenite, SelenoExcell® high selenium yeast, Se-methyl L-selenocysteine)         | 200 mcg 286%  |
| Manganese (as manganese citrate, gluconate)                                                          | 2 mg 100%     |
| Chromium (as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit) | 200 mcg 167%  |
| Molybdenum (as molybdenum amino acid chelate)                                                        | 100 mcg 133%  |
| Potassium (as potassium citrate)                                                                     | 25 mg 1%      |
| Alpha lipoic acid                                                                                    | 25 mg **      |
| Boron (as boron amino acid chelate)                                                                  | 3 mg **       |
| Choline (as choline bitartrate)                                                                      | 20 mg **      |
| Inositol                                                                                             | 50 mg **      |
| Marigold extract (flower)<br>[std. to 5 mg <i>trans</i> -lutein, 155 mcg <i>trans</i> -zeaxanthin]   | 11.12 mg **   |
| Lycopene [from Tomat-O-Red® natural tomato extract (fruit)]                                          | 1 mg **       |
| Natural mixed tocopherols (providing gamma, delta, alpha, beta)                                      | 20 mg **      |
| Apigenin                                                                                             | 5 mg **       |

\*\*Daily Value not established.

Tomat-O-Red® is a registered trademark of Lycored LTD. SelenoExcell® is a registered trademark of Cypress Systems Inc. L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc. Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc.

**Other ingredients:** croscarmellose sodium, stearic acid, vegetable stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin), microcrystalline cellulose, maltodextrin, silica. Contains soybeans.