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QE02152A

Dietary
Supplement

100 Capsules

LifeExtension®

Life Extension Mix™ Capsules



State-of-the-Art
Multi-Nutrient Formula

Supplement Facts

Serving Size 14 Capsules (per day) • Servings Per Container 7

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene, acetate).....	5000 IU100%
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, niacinamide ascorbate, magnesium ascorbate, acerola extract)	2000 mg333%
Vitamin D3 (as cholecalciferol).....	2000 IU500%
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol).....	100 IU333%
Thiamine (vitamin B1) (as thiamine HCl).....	125 mg2941%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate).....	50 mg950%
Niacin (as 6% niacinamide, 37% niacin, 2% niacinamide ascorbate)	190 mg5250%
Vitamin B6 (as pyridoxal 5'-phosphate (100 mg), pyridoxine HCl (5 mg)).....	105 mg100%
Folate (as L-5-methyltetrahydrofolate calcium salt).....	600 mcg10000%
Vitamin B12 (as methylcobalamin).....	3000 mcg60000%
Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)	600 mg20%
Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate, dicalcium phosphate).....	200 mg100%
Iodine (as potassium iodide).....	150 mcg100%
Magnesium (as magnesium oxide, arginate, citrate, taurinate, glycinate, ascorbate).....	400 mg233%
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)	35 mg286%
Selenium (as sodium selenite, SelenoExcel® high selenium yeast, Se-methyl L-selenocysteine).....	200 mcg50%
Copper (as TRAACS® copper bisglycinate chelate).....	1 mg50%
Manganese (as manganese gluconate, citrate).....	1 mg417%
Chromium (as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit)	500 mcg167%
Molybdenum (as molybdenum amino acid chelate)	125 mcg35 mg
Potassium (as potassium chloride).....	35 mg
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 boron amino acid chelate).....	3 mg
Tri-methylglycine (TMG) (as betaine anhydrous).....	100 mg
Bitter orange citrus bioflavonoids (peel, fruit) (std. to 50% hesperidin)	200 mg
Broccoli concentrate blend (broccoli extracts (sprout, floret, seed) providing glucosinolates, sulforaphane, calcium D-glucarate)	725 mg
Decaffeinated green tea extract (leaf) (std. to 45% epigallocatechin gallate (EGCG))	325 mg
Acerola extract 4:1 (berry).....	300 mg
Fruitberry proprietary blend (European elder, blackberry, blueberry, sweat cherry, cranberry, plum, persimmon (Diospyros kaki) powders)	200 mg
Wild blueberry anthocyanin extract (fruit).....	150 mg
Silymarin (from milk thistle extract (seed)).....	100 mg
Maqui berry (Aristotelia chilensis) anthocyanin extract (fruit).....	100 mg
CherryPure® sour cherry (tart cherry) proanthocyanidin extract (skin)	85 mg
POMELLA® pomegranate extract (fruit) (std. to 30% punicalagins)	85 mg
Natural mixed tocopherols (providing gamma, delta, alpha, beta tocopherols)	60 mg
MirtoSelect® bilberry extract (fruit).....	30 mg
Leucoselct® grape seed proanthocyanidin extract.....	25 mg
BioVin® grape proanthocyanidin extract (whole grape)	25 mg
Bromelain (from pineapple [stem]) (2400 gelatin digestive units/gram)	15 mg
Delphinidin (from Delphinol® maqui berry (Aristotelia chilensis) extract (fruit))	2 mg
Lutein (from marigold extract (flower)) (providing 465 mcg trans-zeaxanthin)	15 mg
Olive extract (fruit).....	12.5 mg
(providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	
Sesame seed lignan extract.....	10 mg
Luteolin (from orange extract (fruit)).....	8 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-pterostilbene (from pteropure®)	0.5 mg
Apigenin.....	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.

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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 (capsule), microcrystalline cellulose, vegetable stearate, silica, maltodextrin, medium chain triglycerides.
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.

