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product info

LifeExtension®

Life Extension  
Mix™ Capsules



State-of-the-Art  
Multi-Nutrient Formula

Dietary  
Supplement

490 Capsules

QE02154A

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, niacinamide ascorbate, magnesium ascorbate, acerola extract)                 | 2000 mg.....3333%  |
| 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.....8333%   |
| 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.....1000%  |
| Biotin.....                                                                                                                                      | 3000 mcg.....6000% |
| Pantothenic acid (as D-calcium pantothenate with 5 mg pantothenol)                                                                               | 600 mg.....6000%   |
| Calcium (as calcium ascorbate, D-calcium pantothenate, Ca D-gluconate, dicalcium phosphate)                                                      | 200 mg.....20%     |
| Iodine (as potassium iodide).....                                                                                                                | 150 mcg.....100%   |
| Magnesium (as magnesium oxide, arginate, citrate, taurinate, glycinate, ascorbate)                                                               | 400 mg.....100%    |
| Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)                                                                               | 35 mg.....233%     |
| Selenium (as sodium selenite, SelenoExcel® high selenium yeast)                                                                                  | 200 mcg.....286%   |
| Copper (as TRAACS® copper bisglycinate chelate)                                                                                                  | 1 mg.....50%       |
| Manganese (as manganese gluconate, citrate)                                                                                                      | 1 mg.....50%       |
| Chromium (as Chrominex® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit)                                            | 500 mcg.....417%   |
| Molybdenum (as molybdenum amino acid chelate)                                                                                                    | 125 mcg.....167%   |
| Potassium (as potassium chloride).....                                                                                                           | 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 boron amino acid chelate).....                                                                                                         | 3 mg.....**        |
| Trimethylglycine (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-gluconate)               | 725 mg.....**      |
| Decaffeinated green tea extract (leaf) [std. to 45% epigallocatechin gallate (EGCG)]                                                             | 325 mg.....**      |
| Acrola extract 4:1 (berry).....                                                                                                                  | 300 mg.....**      |
| Fruit/berry complex proprietary blend (European elder, blackberry, blueberry, sweet 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.....**       |
| POMECLA® 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.....**       |
| Leucoslect® 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.....**       |
| Delphinidins [from Delphinid® maqui berry (Aristotelia chilensis) extract (fruit)]                                                               | 2 mg.....**        |
| Lutein [from marigold extract (flower)] (providing 465 mcg trans-zeaxanthin)                                                                     | 15 mg.....**       |
| Olive extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)                                                               | 12.5 mg.....**     |
| 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.

1- CherryPure® is a registered trademark of Shoreline Fruit, LLC. 2- Delphinol® is a registered trademark of MAQUI NEW LIFE S.A., Chile. 3- L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc. 4- SelenoExcel® is a registered trademark of Cypress Systems Inc. 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 dba Bioriginal. 8- Tomat-O-Red® is a registered trademark of Lycopel 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® is a registered trademark of ChromaDex, Inc., Patents: See www.ChromaDexPatents.com. 11- MirtoSelect® is a registered trademark of Indena, S.p.A., Milan, Italy. 12- TRAACS® 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: 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.

