

Food supplement with vitamins, minerals, plant extracts, phosphatidylcholine, apigenin, inositol, taurine and trimethylglycine.

**DIRECTIONS:** Take twelve (12) capsules daily 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 (50 µg) per 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.

#### WARNINGS:

- Keep out of reach of children.
- Do not exceed recommended daily 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.

A food supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Store tightly closed in a cool, dry place.

Manufactured for: Quality Supplements and Vitamins, Inc.  
Ft. Lauderdale, FL 33309, USA.

Imported by: Life Extension Europe B.V.  
Frankfurtstraat 34-36, 1175 RH Lijnden, Netherlands.

\* Vitamins B1, B2, B6, B12 contribute to normal energy yielding metabolism. Selenium and zinc contribute to the normal function of the immune system.



# LIFE EXTENSION®

## Mix Capsules

### State-of-the-Art Multi-Nutrient Formula\*

360 CAPSULES

FOOD  
SUPPLEMENT

#### Supplement Facts

##### Amount per day (12 capsules)

Vitamin A (as beta-carotene, retinyl acetate) 600 µg/75%RI\* • Vitamin C (as L-ascorbic acid, calcium L-ascorbate, L-ascorbyl 6-palmitate, magnesium L-ascorbate and acerola extract) 970 mg/1213%RI\* • Vitamin D3 (as cholecalciferol) (2000 IU) 50 µg/1000%RI\* • Vitamin E (as D-alpha tocopheryl succinate, natural mixed tocopherols) 74.6 mg/622%RI\* • Vitamin B1 (as thiamine hydrochloride) 125 mg/11364%RI\* • Vitamin B2 (as riboflavin, riboflavin 5'-phosphate) 50 mg/3571%RI\* • Vitamin B3 (as nicotinamide, niacin) 190 mg/1188%RI\* • Vitamin B6 (as pyridoxine HCl, pyridoxal 5'-phosphate) 20 mg/1429%RI\* • Folate (vitamin B9) (as L-5-methyltetrahydrofolate calcium salt) 400 µg/200%RI\* • Vitamin B12 (as methylcobalamin) 600 µg/24000%RI\* • Biotin (vitamin B8) 3000 µg/6000%RI\* • Vitamin B5 (as D-pantothenate calcium with 5 mg pantothenic acid) 600 mg/10000%RI\* • Calcium (as D-pantothenate calcium, calcium ascorbate, dicalcium phosphate) 209 mg/26%RI\* • Iodine (as potassium iodide) 150 µg/100%RI\* • Magnesium (as magnesium oxide, magnesium bisglycinate, magnesium salt of citric acid, magnesium L-ascorbate, magnesium taurate) 420 mg/112%RI\* • Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate) 35 mg/350%RI\* • Selenium (as sodium selenite, SelenoExcel® high selenium yeast, L-selenomethionine [SelenoPure®]) 200 µg/364%RI\* • Copper (as TRAACS®<sup>12</sup> copper bisglycinate) 1.0 mg/100%RI\* • Manganese (as manganese citrate, gluconate) 1.0 mg/50%RI\* • Chromium (as chromium picolinate) 500 µg/1250%RI\* • Molybdenum (as sodium molybdate dihydrate) 125 µg/250%RI\* • Potassium (as potassium citrate) 35.0 mg/2%RI\* • Broccoli concentrate blend [broccoli powder, extract (sprout, floret, seed) (providing glucosinolates, sulforaphane)] 525 mg • Decaffeinated green tea extract (leaf) [std. to 45% (146 mg) epigallocatechin gallate (EGCG)] 325 mg • Acerola extract 4:1 (berry) 300 mg • Inositol 250 mg • Bioflavonoids (from 198 mg bitter orange peel and fruit extract) [std. to 50% (100 mg) hesperidin] 200 mg • Fruit/berry proprietary blend (60 mg European elderberry, 30 mg blackberry, 30 mg blueberry, 30 mg sweet cherry, 30 mg cranberry, 10 mg plum, 10 mg persimmon powders) 200 mg • Taurine 200 mg • Wild blueberry extract (*Vaccinium angustifolium*) (fruit) 150 mg • Sensoril®<sup>11</sup> Ashwagandha extract (root, leaf) [std. to 32% (40 mg) oligosaccharides, 10% glycoside conjugates (12.5 mg)] 125 mg • Silymarin (from 100 mg milk thistle seed extract) 100 mg • Trimethylglycine (TMG) (as betaine anhydrous) 100 mg • CherryPure®<sup>1</sup> sour cherry (tart cherry) proanthocyanidin powder (skin) 85 mg • POMELLA®<sup>9</sup> pomegranate extract (fruit) [std. to 30% punicalagins (25.5 mg)] 85 mg • MiroSelect®<sup>10</sup> bilberry extract (fruit) 30 mg • BioVin®<sup>7</sup> grape proanthocyanidin extract (whole grape) 25 mg • Leucoselect®<sup>8</sup> grape seed proanthocyanidin extract 25 mg • Bio-Quercetin phytosome (providing 5 mg quercetin [from Japanese sophora flower bud concentrate], phosphatidylcholine complex [from sunflower]) 15 mg • Bromelain (from 12.75 mg pineapple stem extract) [2400 gelatin digestive units/gram] 15 mg • Lutein (from 26.7 mg marigold flower extract) [providing 465 µg *trans*-zeaxanthin] 15 mg • Olive extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein) 12.5 mg • Sesame seed lignan extract 10 mg • Luteolin (from 8.9 mg Japanese sophora flower bud extract) 8 mg • Apigenin 5 mg • Boron (as sodium borate) 3 mg • Lycopene (from 3 mg LycopBeads® natural tomato fruit extract) 3 mg • Delphinidins (from 6 mg Delphinol®<sup>3</sup> maqui berry fruit extract) 2 mg • Cyanidin-3-glucoside (C3G) (from 12.5 mg black currant fruit extract) 1.25 mg.

RI = EU Reference Intake

**Ingredients:** gelatin, D-pantothenate calcium (vitamin B5), magnesium oxide, calcium L-ascorbate (vitamin C), L-ascorbic acid (vitamin C), broccoli (*Brassica oleracea*) sprout powder, maltodextrin, bulking agent (dicalcium phosphate), green tea (*Camellia sinensis*) leaf extract, inositol, bulking agent (microcrystalline cellulose), taurine, citrus (*Citrus aurantium*) peel and fruit extract, elderberry (*Sambucus nigra*) fruit powder, blackberry (*Rubus fruticosus*) fruit powder, blueberry (*Vaccinium angustifolium*) fruit powder, cherry (*Prunus avium*) fruit powder, cranberry (*Vaccinium oxycoccos*) fruit powder, prune (*Prunus domestica*) fruit powder, persimmon (*Diospyros virginiana*) fruit powder, thiamine hydrochloride (vitamin B1), broccoli (*Brassica oleracea*) sprout-, floret-, seed extract, anti-caking agent (magnesium salts of fatty acids), milk thistle (*Silybum marianum*) seed extract, anti-caking agent (silicon dioxide [nano]), nicotinamide (vitamin B3), ashwagandha (*Withania somnifera*) root and leaf extract, zinc citrate, starch, trimethylglycine, potassium citrate, D-alpha tocopheryl succinate (vitamin E), acerola (*Malpighia glabra*) berry extract, pomegranate (*Punica granatum*) fruit extract, tart cherry (*Prunus cerasus*) fruit powder, blueberry (*Vaccinium angustifolium*) fruit extract, nicotinic acid (vitamin B3), mixed tocopherols, riboflavin (vitamin B2), magnesium salt of citric acid, magnesium taurate, sodium borate, bilberry (*Vaccinium myrtillus*) fruit extract, marigold (*Tagetes erecta* L.) flower extract, grape seed (*Vitis vinifera*) extract, grape (*Vitis vinifera*) whole grape extract, pyridoxine hydrochloride (vitamin B6), selenium enriched yeast, magnesium bisglycinate, zinc mono-L-methionine sulphate, L-ascorbyl 6-palmitate (vitamin C), pineapple (*Ananas comosus*) stem extract, sesame (*Sesamum indicum*) seed extract, *Sophora japonica* flower bud extract with luteolin, olive (*Olea europea*) fruit extract, pantothenic acid (vitamin B5), magnesium L-ascorbate (vitamin C), maqui (*Aristotelia chilensis*) fruit extract, apigenin, chromium picolinate, manganese gluconate, D-biotin (vitamin B8), tomato (*Solanum lycopersicum*) fruit extract, copper bisglycinate, *Sophora japonica* flower bud concentrate, sunflower phosphatidylcholine, riboflavin 5'-phosphate (vitamin B2), beta carotene, pyridoxal 5'-phosphate (vitamin B6), manganese citrate, European black currant (*Ribes nigrum*) fruit extract, methylcobalamin (vitamin B12), calcium-L-methylfolate (vitamin B9), sodium selenite, potassium iodide, retinyl acetate (vitamin A), cholecalciferol (vitamin D3), sodium molybdate dihydrate, L-selenomethionine.

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Best before end and batch number:  
see bottom of pack.

Net weight: 270 g

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