

Life Extension Mix™

The most complete multi-nutrient formula available today

Item #02354, #02355, #02356

Studies show that people who eat the most fruits and vegetables enjoy healthier and longer lives ... but getting the recommended five servings a day is difficult for even the healthiest diets. That's why we created **Life Extension Mix™** — the only multi-nutrient formula you'll ever need.

Our unrivaled supplement goes way beyond the scope of traditional nutritional supplements, delivering a wide array of fruit and vegetable extracts,¹⁻³ including grape, maqui, bilberry, tart cherry, olive fruit, broccoli, artichoke, and more — all with known health benefits throughout the body.

Life Extension Mix™ also contains an extensive list of water- and fat-soluble vitamins, vital minerals, and health-promoting amino acids. But that's not all; the ingredients in Life Extension Mix™ are based on over 35 years of clinical research, and we've selected the purest and most potent forms of plant extracts, vitamins, minerals, and other nutrients for maximum absorption.

For instance: instead of folic acid, *our* mix contains 5-methyltetrahydrofolate (5-MTHF), the active form of folate that is much more bioavailable than traditional folic acid. And this formula now contains three forms of selenium (SelenoExcell®, Se-methyl-selenocysteine, and sodium selenite). Bio-Quercetin phytosome has also been added for its support of cellular health, endothelial health, and healthy immune function.

Life Extension Mix™ offers your customers the only multi-nutrient formula they'll ever need — available in powder, capsules, or easy-to-swallow tablets.

References:

1. *Stroke*. 2004 Sep;35(9):2014-9.
2. *Mutat Res*. 1999 Jul 16;428(1-2):329-38.
3. *J Am Diet Assoc*. 1996 Oct;96(10):1027-39.



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What's in the Mix

A daily serving of Life Extension Mix™ Capsules, Tablets, or Powder contains:

Vegetable-Fruit Complex

Decaffeinated green tea extract 325 mg (leaf) [std. to 45% epigallocatechin gallate (EGCG)]
Broccoli concentrate blend..... 725 mg [broccoli powder, extract (sprout, floret, seed) (providing glucosinolates, sulforaphane) calcium D-glucarate]
Olive extract (fruit) 12.5 mg (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)
Leucoselect® grape seed 25 mg proanthocyanidin extract
BioVin® grape proanthocyanidin 25 mg extract (whole grape)
Luteolin [from orange extract (fruit)] 8 mg
Lycopene [from LycoBeads® natural 3 mg tomato extract (fruit)]
Lutein [from marigold extract (flower)] 15 mg (providing 465 mcg <i>trans</i> -zeaxanthin)
Silymarin [from milk 100 mg thistle extract (seed)]
Bromelain [from pineapple (stem)] 15 mg (2400 gelatin digestive units/gram)
Bitter orange citrus bioflavonoids 200 mg (peel, fruit) [std. to 50% hesperidin]
Acerola extract 4:1 (berry) 300 mg
MirtoSelect® bilberry extract (fruit) 30 mg
POMELLA® pomegranate extract (fruit) 85 mg [std. to 30% punicalagins]
Sesame seed lignan extract 10 mg
Fruit/berry proprietary blend 200 mg [European elder, blackberry, blueberry, sweet cherry, cranberry, plum, persimmon (<i>Diospyros kaki</i>) powders]
Wild blueberry 150 mg anthocyanin extract (fruit)
Cyanidin-3-Glucoside (C3G) 1.25 mg [from black currant extract (fruit)]
CherryPURE® Sour Cherry (tart cherry) 85 mg proanthocyanidin powder (skin)
Delphinidins 2 mg [from Delphinol® maqui berry (<i>Aristotelia chilensis</i>) extract (fruit)]
Apigenin 5 mg
Bio-Quercetin phytosome 15 mg (providing 5 mg quercetin [from Japanese sophora concentrate (flower bud)], phosphatidylcholine complex [from sunflower])
Sensoril® Ashwagandha extract 125 mg (root, leaf) [std. to 32% oligosaccharides, 10% glycoside conjugates].



Water-Soluble Vitamins and Enzymatic Activators

Vitamin C 970 mg (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)
Folate 400 mcg (as L-5-methyltetrahydrofolate calcium salt)
Biotin 3000 mcg
Trimethylglycine (TMG) 100 mg (as betaine anhydrous)
Thiamine (vitamin B1) 125 mg (as thiamine HCL)
Riboflavin (vitamin B2) 50 mg (as riboflavin, riboflavin 5'-phosphate)
Niacin (as 61% niacinamide, 190 mg 38% niacin, 1% niacinamide ascorbate)
Pantothenic acid (as D-calcium 600 mg pantothenate with 5 mg pantethine)
Vitamin B6 [as pyridoxal 5'-phosphate105 mg (100 mg), pyridoxine HCL (5 mg)]
Vitamin B12 (as methylcobalamin) 600 mcg
Inositol 250 mg

Other ingredients (Capsules): gelatin (capsule), maltodextrin, vegetable stearate, silica, microcrystalline cellulose, starch.

Other ingredients (Tablets): maltodextrin, microcrystalline cellulose, vegetable stearate, croscarmellose sodium, stearic acid, silic, starch, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin).

Other ingredients (Powder): maltodextrin, natural orange flavor, silica, stevia extract, luo han guo extract.

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Fat-Soluble Vitamins

Vitamin A 5,000 IU (as beta-carotene and acetate)
Vitamin D3 (as cholecalciferol) 2,000 IU
Vitamin E (as D-alpha tocopheryl 67 mg succinate, D-alpha tocopherol)
Natural mixed tocopherols 60 mg (providing gamma, delta, alpha, beta tocopherols)

Amino Acids

N-acetyl-L-cysteine (NAC) 600 mg
Taurine 200 mg

Mineral Complex

Selenium [as sodium selenite, 200 mcg SelenoExcell® high selenium yeast, Se-methyl L-selenocysteine]
Zinc (as zinc citrate, L-OptiZinc® zinc 35 mg mono-L-methionine sulfate)
Boron (as boron amino acid chelate) 3 mg
Calcium (as Ca ascorbate, 140 mg D-calcium pantothenate, Ca D-glucarate, dicalcium phosphate)
Copper (as TRAACS® copper 1 mg bisglycinate chelate)
Chromium 500 mcg [as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit]
Potassium (as potassium citrate) 35 mg
Molybdenum (as molybdenum 125 mcg amino acid chelate)
Manganese (as manganese 1 mg citrate, gluconate)
Iodine (as potassium iodide) 150 mcg
Magnesium 420 mg (as magnesium oxide, citrate, arginate, glycinate, taurinate, ascorbate)

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