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**NEW LIFE EXTENSION MIX
with Standardized Blueberry Extract**



Public service campaigns are encouraging people to eat more fruits and vegetables to maintain a healthy lifestyle. Despite years of media publicity, 85% of Americans are not even eating the minimum recommendation of five servings of fruits and vegetables per day. Those who do report eating some produce often fail to consume the yellow and purple colored plants that are critical components of such a program.

Life Extension Mix™ contains 93 unique vegetable, fruit, and herbal extracts along with high potency amino acids, vitamins, minerals, and special antioxidants. The Life Extension Mix formula is fortified with botanical extracts that help maintain healthy cells via physiological processes separate from traditional antioxidants. Consumption of these types of plants is being recommended based on research emanating from the world's most prestigious medical centers.

The newest ingredients in the Life Extension Mix formula are two standardized blueberry extracts that provide the most active constituents found in this health-promoting fruit.

Blueberry anthocyanins are considered nature's most potent antioxidants and have demonstrated properties that extend well beyond suppressing free radicals.

Pterostilbene, another blueberry constituent, helps maintain healthy lipid and glucose levels.* Even more exciting is that through their unique biological effects; pterostilbene and anthocyanins may help support DNA structure.*

The new Life Extension Mix provides blueberry extracts standardized with both anthocyanins and pterostilbene.

STANDARDIZED GREEN TEA EXTRACT

The Life Extension Foundation introduced green tea extract as a supplement in 1993, based on epidemiological studies showing that those who consumed green tea had much lower incidences of common health problems. Over the past 12 years, an enormous amount of positive studies about the health benefits of green tea have been published.



Scientists have looked at the active "polyphenol" constituents of green tea and have found that they possess remarkable biological activity at the cellular level. Researchers have also identified multiple mechanisms by which green tea extract helps maintain healthy DNA, protect against LDL oxidation, neuronal peroxidation, and a host of other adverse structural and functional age-related changes.*1-7

The new Life Extension Mix provides 325 mg of a decaffeinated green tea extract that is standardized to contain 302 mg of the polyphenols that scientists have attribute to green tea's health benefits.

The amount of polyphenols (including EGCG) in Life Extension Mix is equivalent to drinking about 3-6 cups of green tea per day.

VEGETABLE EXTRACTS



Luteolin is a flavonoid found in parsley, artichoke, basil, celery, and other foods. When measured against 27 other flavonoids, luteolin had the best DNA protection.

One favorable mechanism of luteolin is its ability to inhibit oxidative damage to cellular DNA. Another unique benefit is luteolin's ability to suppress excess levels of dangerous inflammatory cytokines such as interleukin-6 and interleukin 1b.⁸ Life Extension Mix contains a standardized dose of 8 mg of luteolin.

Broccoli is touted as one of the most important vegetables to help maintain healthy DNA. Broccoli contains several active constituents, with sulphoraphane being the most significant because of its unique detoxification and DNA protecting effects. The new Life Extension Mix provides a concentrated broccoli mixture that provides standardized extracts of sulphoraphane and glucosinolates, two compounds attributed to broccoli's multiple protective benefits. Broccoli is also a natural source of gene protecting chlorophyll.*⁹⁻¹³

D-glucarate is a botanical extract found in grapefruit, apples, oranges, broccoli, and brussels sprouts.

D-glucarate effectively supports a detoxification process that helps to remove DNA toxins from the body.^{14,15} The daily dose of Life Extension Mix provides 200 mg of D-glucarate.

Lutein, an extract found in spinach and collard greens, has been shown to help maintain critical pigments in the eye macula, while the carotenoid alpha carotene has demonstrated antioxidant activity far greater than beta-carotene. Lycopene from tomatoes has shown potent effects in helping to maintain healthy DNA structure and protect against LDL oxidation. Life Extension Mix™ contains 60 times more lutein and 10 times more lycopene compared to Centrum®. Most multivitamin supplements provide no vegetable extracts whatsoever.

FRUIT EXTRACTS

Life Extension Mix is also fortified with fruit extracts such as bilberry, grape seed, grape skin, and citrus bioflavonoids to provide healthy circulation throughout the body and maintain healthy DNA.*

Ellagic acid is a detoxifying agent found in raspberries, strawberries, and other fruit. Ellagic acid has demonstrated DNA-protecting properties, including the ability to bind to toxins and neutralize them. Studies have also shown that ellagic acid may protect against chromosome damage and reduce the effects of chemically induced hepatic structural degeneration. Life Extension Mix contains a raspberry and pomegranate fruit extract to deliver 50 mg of ellagic acid in each daily dose.



The media has publicized the multiple benefits of fruits such as blackberry, cranberry, elderberry, cherry, plums, and persimmon. Life Extension Mix has a customized blend of these and other fruits that studies indicate provide multiple favorable effects in the body.

Olive oil consumption is one of the important factors behind the health benefits of the "Mediterranean Diet."^{16,17} Researchers have discovered that there are up to 300 times more polyphenol compounds in olive water compared to olive oil.^{18,19} Olive polyphenols have been the subject of numerous studies pointing toward their benefits in many different areas, including helping to protect against LDL oxidation, suppressing free radicals, and stabilizing cell membranes.²⁰⁻²² Life Extension Mix contains a potent olive juice extract standardized to contain 7% of the best-documented polyphenol called hydroxytyrosol.²³ The amount of hydroxytyrosol in the daily dose of Life Extension Mix is equivalent to drinking one ounce of virgin olive oil a day.^{24,25}

SESAME LIGNANS ENHANCE THE EFFECTS OF VITAMIN E

Sesame and its lignans have a broad range of applications in human health. This includes increasing human tissue levels of vitamin E by facilitating carrier proteins in the liver to deliver nutrients to cells throughout the body.^{26,27}

Sesame lignans increase the anti-inflammatory index of fish oils and help maintain healthy cholesterol/LDL levels in humans.*²⁸⁻³¹

Life Extension Mix contains 10 mg of sesame lignan extract to provide the direct benefits of the lignans and augment the effects of vitamin E and other nutrients in the body such as gamma tocopherol and gamma linolenic acid (GLA).

MAINTAINING HEALTHY BLOOD GLUCOSE LEVELS

Chromium, along with magnesium and biotin, are nutrients required to maintain optimal blood sugar levels. Life Extension Mix provides 500 mcg of chromium, a better absorbable form of magnesium, and a super high potency of biotin. A review of studies showing benefits of chromium supplementation reveals that doses exceeding 200 mcg a day is required for optimal effects.^{32,33}

HIGH POTENCY VITAMIN D3

Doctors used to be concerned that too much vitamin D could be toxic. Over the past few years, however, an increasing body of

evidence indicates that it takes much higher doses of vitamin D (perhaps over 10,000 IU/day) to inflict toxicity on a healthy person. The concern expressed by researchers today is that fear of vitamin D toxicity is keeping many people from supplementing with enough vitamin D, which is critical for maintaining bone density. In response to studies showing that even those who take standard vitamin D supplements are not obtaining adequate amounts, Life Extension Mix provides 800 IU of vitamin D3 per daily dose.

THE MOST COMPLETE MULTI-NUTRIENT FORMULA

Life Extension Mix saves time and money by combining the most popular nutrient supplements into one product, eliminating the need to take separate bottles of B-complex, vitamins C and E, mineral supplements, and much more that would be required to achieve the same effects.

Life Extension Mix supplies the most powerful antioxidants, including water and fat soluble vitamin C, the ideal form of alpha vitamin E, and plant extracts that help protect against cellular DNA damage. Other ingredients in Life Extension Mix enhance beneficial DNA methylation patterns, help maintain glycemic control, and healthy levels of LDL.*

Life Extension Mix is the cornerstone of a comprehensive supplement program because it provides so many well-studied nutrients. If you are on a budget, the Life Extension Mix provides the best "cost-per-milligram" value.



With the addition of two standardized blueberry extracts, the Life Extension Mix has become an even greater value.

Life Extension mandates that the ingredients in the Life Extension Mix come only from quality suppliers. These premium companies charge more for their vitamins and trace elements, but the purity of these substances greatly exceeds that of the lower cost versions that are so prevalent in the vitamin industry. Turn to the next page for a complete description of the new Life Extension Mix™ formula.

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