

LE Magazine Super Sale 2008

REPORT

The New Life Extension Mix™ Formula

The Most Complete Multivitamin Available Today — Now with Pyridoxamine!

Published scientific studies document that people who eat the most fruits and vegetables have much lower incidences of health problems. Few people, however, consistently eat enough plant foods to protect against common age-related decline,¹⁻³ and commercial multivitamins do not provide all of the vital plant components needed to maintain good health.

In addition to providing the world's broadest spectrum of plant extracts, Life Extension Mix has been upgraded to include pyridoxamine, an extremely potent form of vitamin B6. Pyridoxamine helps block the formation of advanced glycation end (AGE) products, enhances glucose metabolism and consumes toxic free radicals. It is considered to be one of the most effective anti-glycating nutrients.

The new Life Extension Mix also includes more vitamin D3. During the Super Sale, the full dose of Life Extension Mix can be obtained for as little as \$1.34 per day.



9 TABLETS, 14 CAPSULES, OR THREE SCOOPS OF POWDER PROVIDE:

Vegetable-Fruit Complex

Green tea extract (decaf.) (98% polyphenols/45% EGCG)	325 mg
Broccoli sprout concentrate (providing Sulforaphane, glucosinolates, D-3T, and PEITC)	525 mg
Olive juice extract (fresh fruit) [6% hydroxytyrosol (0.75 mg), 3% oleuropein (0.38 mg)]	12.5 mg
Grapeseed extract (Leucoselect®) (95% proanthocyanidins)	25 mg
Grape extract (BioVin®)(95% proanthocyanidins/75% polyphenols/200 ppm trans-resveratrol)	25 mg
Ginger extract (5% gingerols)	200 mg
Luteolin (Pureolin™)	8 mg
Alpha carotene	100 IU
Lycopene (tomato extract)	3 mg
Lutein complex (marigold) (15 mg lutein/465 mcg zeaxanthin)	33.3 mg
Milk thistle extract (85% silymarin)	100 mg
Bromelain	15 mg
Calcium D-Glucarate	200 mg
Citrus Bioflavonoids (70 mg hesperidin/30 mg other flavonones/phenolic compounds)	200 mg
Acerola juice powder	300 mg
Bilberry (25% anthocyanidins)	30 mg
Pomegranate (30% punicalagins)	85 mg
Sesame seed lignan extract	10 mg
Berry-fruit blend (blackberry, blueberry, cranberry, elderberry, persimmon, plum, and cherry)	200 mg
Wild Blueberry extract (VitaBlue®) (14% total phenolics/4.9% anthocyanins/660 ppm pterostilbene)	150 mg
Cocoa Extract (CocoaGold™)(45% polyphenols/30 mg standardized cocoa polyphenols)	67 mg

Water-Soluble Vitamins and Enzymatic Activators

Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, and acerola juice powder)	2000 mg
Folic acid	800 mcg
Biotin	3000 mcg
Trimethylglycine (TMG)	100 mg

Vitamin B1 (thiamine HCl)	125 mg
Vitamin B2 (riboflavin)	50 mg
Supplying: Riboflavin 5-phosphate	2 mg
Vitamin B3 (niacinamide and niacinamide ascorbate)	117 mg
Vitamin B3 (niacin)	73 mg
Vitamin B5 (D-calcium pantothenate)	600 mg
Pantethine	5 mg
Vitamin B6 (pyridoxine HCl)	100 mg
Pyridoxamine (pyridoxamine DiHCl)	50 mg
Pyridoxal 5-phosphate	2.5 mg
Vitamin B12 (cyanocobalamin)	250 mcg
Vitamin B12 (hydroxycobalamin)	250 mcg
Vitamin B12 (ion exchange resin)	100 mcg
PABA (<i>para-aminobenzoic acid</i>)	200 mg

Fat-Soluble Vitamins

Vitamin A (acetate)	2300 IU
Beta-carotene (natural D. Salina)	2700 IU
Vitamin D3 (cholecalciferol)	1000 IU
Ascorbyl palmitate (fat-soluble vitamin C)	250 mg
Vitamin E (natural D-alpha tocopheryl succinate)	400 IU

Amino Acid Complex

N-acetyl-L-cysteine	600 mg
Taurine	200 mg

Mineral Complex

Selenium (from se-methylselenocysteine)	100 mcg
Selenium (from L-selenomethionine—SelenoPure®)	50 mcg
Selenium (from sodium selenate)	50 mcg
Zinc (methionate) (OptiZinc®)	20 mg
Zinc (succinate)	15 mg
Boron (as boron citrate/aspartate/glycinate)	3 mg
Calcium	218 mg
Copper (as copper bisglycinate chelate)	1 mg
Chromium (as Chromium 454™ bioorganic yeast extract matrix)	500 mcg
Potassium chloride (37.4 mg elemental)	71.3 mg
Molybdenum (sodium molybdate)	125 mcg
Manganese (gluconate)	1 mg
Iodine (potassium iodide)	75 mcg
Magnesium oxide (335.96 mg elemental)	560 mg
Magnesium citrate (35.28 mg elemental)	261.3 mg
Magnesium glycinate (11.74 mg elemental)	100 mg
Magnesium taurinate (7.83 mg elemental)	100 mg
Magnesium arginate (5.87 mg elemental)	100 mg
Magnesium ascorbate (3.40 mg elemental)	58.1 mg

Cholinergic Complex

Choline (as choline bitartrate)	120 mg
Phosphatidylcholine (from soy)	150 mg
Inositol	250 mg

Caution:

The niacin in the high niacin version of this product may cause flushing (a feeling of warmth and reddening of the skin). This effect is temporary and harmless. Periodic liver function testing and supervision of a qualified healthcare professional are strongly recommended with niacin dosing in excess of 500 mg daily. Life Extension Mix should not be used by individuals who have an allergy to sesame. Those with Wilson's disease or cancer patients on a physician-supervised copper depletion therapy should avoid copper. Life Extension Mix is available without copper.

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References:

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

To order during Super Sale, call toll-free **1-800-544-4440**.

GREEN TEA EXTRACT

Scientists have identified multiple mechanisms by which green tea extract helps protect against LDL oxidation, neuronal oxidation, and a host of other structural and functional age-related changes. LIFE EXTENSION MIX™ provides more green tea extract than found in commercial formulations.

BROCCOLI

Broccoli is one of the vegetables best documented to protect healthy DNA. The broccoli concentrate in LIFE EXTENSION MIX™ is standardized to provide sulforaphane and glucosinolates, two compounds attributed to broccoli's protective benefits.

OLIVE JUICE EXTRACT

Olive polyphenols help protect against LDL oxidation, suppress free radicals, and stabilize cell membranes. LIFE EXTENSION MIX™ contains a potent olive extract that provides the best documented polyphenol called hydroxytyrosol in an amount equivalent to drinking one ounce of virgin olive oil a day.

LUTEOLIN

Luteolin is a flavonoid found in parsley, artichoke, basil, celery, and other foods. It has shown the ability to help protect against DNA oxidative damage. When measured against 27 other citrus flavonoids, luteolin showed the second-most beneficial effect at maintaining healthy DNA. Luteolin also suppresses excess levels of interleukin-6 and interleukin-1b.* LIFE EXTENSION MIX™ contains a standardized dose of 8 mg of luteolin.

LYCOPENE

Lycopene is the red carotenoid in tomatoes that supports a healthy prostate and helps promote healthy lipid profiles for those already within a normal range.*

LUTEIN

Lutein is found in spinach and collard greens and has been shown to help maintain eye macula pigment structure.* LIFE EXTENSION MIX™ contains 60 times more lutein than does Centrum®

CALCIUM D-GLUCARATE

D-glucarate is found in grapefruit, apples, oranges, broccoli, and Brussels sprouts. D-glucarate supports a detoxification process that helps to remove DNA toxins.

POMEGRANATE

Pomegranate may be the most effective plant to help maintain optimal endothelial function. This pomegranate extract standardized to provide the punicalagins and other polyphenols found in up to 2.6 ounces of pomegranate juice.

SESAME LIGNANS EXTRACT

Sesame lignans increase tissue levels of vitamin E and gamma tocopherol, and inhibit the formation of an inflammatory precursor

called arachidonic acid.

WILD BLUEBERRY EXTRACT

Wild blueberry extract, concentrated and standardized to help maintain optimal neuronal function.*

COCOA EXTRACT

Cocoa polyphenols offer the cardiovascular benefits of cocoa without fat or calories and contain the same amount of polyphenols as a 1/4 serving (about 0.5 ounces) of a dark chocolate bar

PYRIDOXAMINE AND PYRIDOXAL 5-PHOSPHATE

Pyridoxamine and Pyridoxal 5-phosphate help protect against glycation reactions, a toxic process in which sugars bind to proteins to form non-functional structures in the body.

VITAMIN D3

Potent amounts of vitamin D3 are included to further help maintain healthy bone density and protect healthy DNA.*

VITAMIN E

LIFE EXTENSION MIX™ contains only the expensive dry powder form of vitamin E. This natural form of vitamin E (succinate) has been shown to promote healthy DNA better than other forms.*

N-ACETYL-L-CYSTEINE AND TAURINE

N-acetyl-L-cysteine suppresses free radicals inside the cells and maintains healthy glutathione levels. Taurine may protect against free radicals between cells and supports eye health.*

SELENIUM

Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer; however, the FDA has determined that this evidence is limited and not conclusive.

ZINC

Zinc is often poorly absorbed, but LIFE EXTENSION MIX™ provides two of the most bioavailable forms of zinc.

BORON

Boron is not only needed to maintain healthy bone density but may also help promote healthy prostate cell development.*

CHROMIUM

LIFE EXTENSION MIX™ provides a high amount of chromium to help maintain arterial wall structure and already normal glucose levels.*

MAGNESIUM

Magnesium helps protect arteries and heart valves, and supports heart and brain cells.* LIFE EXTENSION MIX™ provides high potencies of six different forms of magnesium to fully saturate the body with this lifesaving mineral.

CHOLINE AND PHOSPHATIDYLCHOLINE

Maintaining high levels of acetylcholine in the brain helps support cognitive function and memory.*

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