

## Two-Per-Day Tablets

### 120 vegetarian tablets

Item Catalog Number: 01415

Life Extension Mix is the most comprehensive multivitamin formula available. Some Foundation members, however, prefer to take their nutrients separately and need only a basic multivitamin supplement to fill the missing gaps. For many years, these members had to rely on commercial "one-a-day" supplements that provide very low potencies.

In response to requests for a science-based multivitamin, a special formula was compounded to provide the greatest potencies that can fit into two tablets. When compared to conventional "one-a-day" products, Life Extension Two-Per-Day contains up to 50 times more potency!

Studies show that synthetic vitamin E is distributed throughout the body only about half as much as natural vitamin E.<sup>1-5</sup> The 200 IU of natural vitamin E contained in Two-Per-Day thus provides about 13 times more vitamin E activity than does Centrum®.

### References

1. Am J Clin Nutr. 1997 Mar;65(3):785-9.
2. Am J Clin Nutr. 1998 Apr;67(4):669-84.
3. Biofactors. 1999;10(2-3):115-20.
4. Mol Aspects Med. 2007 Oct;28(5-6):423-36.
5. J Nutr Biochem. 2004 Jul;15(7):380-95.

### Supplement Facts

Serving Size 2 tablets

Servings Per Container 60

#### Amount Per Serving

Vitamin A (as 90% beta-carotene and 10% acetate)	5000 IU
Vitamin C (as ascorbic acid, niacinamide and calcium ascorbates)	500 mg
Vitamin D (as ergocalciferol)	2000 IU
Vitamin E (as D-alpha tocopheryl succinate)	200 IU
Thiamin (vitamin B1) (as thiamine HCl)	75 mg
Riboflavin (vitamin B2)	50 mg
Niacin (as niacinamide and niacinamide ascorbate)	50 mg
Vitamin B6 (as pyridoxine HCl)	75 mg
Folate (as folic acid)	800 mcg
Vitamin B12 (as cyanocobalamin)	300 mcg
Biotin	300 mcg
Pantothenic acid (as D-calcium pantothenate)	100 mg
Calcium (from D-calcium pantothenate and calcium ascorbate)	12 mg
Iodine (from Atlantic kelp)	150 mcg
Magnesium (as magnesium oxide)	100 mg
Zinc (as OptiZinc® Zinc DL-methionine complex)	30 mg
Selenium (as L-selenomethionine and sodium selenate)	200 mcg
Manganese (as manganese gluconate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum amino acid chelate)	100 mcg
Potassium (as potassium citrate)	25 mg
Boron (as boron amino acid chelate)	3 mg
Choline (as choline bitartrate)	20 mg
Inositol	50 mg
Biolut™ Marigold Extract ( <i>Tagetes erecta</i> ) (flowers) [std. to 5 mg trans-lutein and 155 mcg trans-zeaxanthin]	11 mg
Lycopene (from Lyc-O-Mato® tomato extract)	2 mg
PABA ( <i>para</i> -aminobenzoic acid)	30 mg

Other ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol).

Contains soybeans. Contains corn and rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, or gluten.

Contains NO artificial sweeteners, flavors or colors.

Lyc-O-Mato® is a registered trademark of LycoRed Natural Products Limited.

OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc.

Biolut™ is a trademark of Biolut SA de CV.

## Dosage and Use

- Take two tablets daily in divided doses with meals, or as recommended by a healthcare practitioner.

## Caution

Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should obtain a serum 25-hydroxy vitamin D measurement. Vitamin D supplementation is not recommended for individuals with hypercalcemia (high blood calcium levels).

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- 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.

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