

One-Per-Day Tablets

60 vegetarian tablets

Item Catalog Number: 01401

To achieve the best possible benefits from dietary supplements, sufficient potencies must be consumed on a daily basis. While Life Extension Mix is used by many individuals, some people prefer not to take nine tablets per day, even though they want the high potencies of vitamins and supplements that Life Extension Mix provides. This has frustrated health conscious individuals who want to recommend a one-per-day supplement to those they care for.

There are studies showing that low potency supplements may not provide significant benefits.¹ On the flip side are nutrients like folic acid for which nutritional benefits result from any dosage taken in supplemental form.² The same holds true for micronutrients like zinc, for which mortality reductions correlate with the consumption of relatively small amounts from supplements.^{3,4}

In response to requests for a scientifically based one-per-day supplement, Life Extension has compounded a formula that provides the greatest potencies of nutrients that can be contained in one tablet.

The Life Extension One-Per-Day Tablet provides essential vitamins and nutrients in one tablet, with greater potencies than other leading "one-a-day" supplements.

References

- 1 Evangelou A, Kalpouzos G, Karkabounas S, Liasko R, Nonni A, Stefanou D, Kallistratos G. *Lett.* 1997 May 1; 115(1):10511.
2. Giovannucci E, Stampfer MJ, Colditz GA, Hunter DJ, Fuchs C, Rosner BA, Speizer FE, Willett WC. *Ann Intern Med.* 1998 Oct 1;129(7):517-24.
3. Losonczy KG, Harris TB, Havlik RJ. *Am J Clin Nutr.* 1996 Aug;64(2):190-6.
4. Khaw KT, Bingham S, Welch A, Luben R, Wareham N, Oakes S, Day N. *Lancet.* 2001 Mar 3;357(9257):657-63.

Supplement Facts

Serving Size 1 tablet

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 tocopherol succinate)	200 IU
Thiamin (Vitamin B1) (as thiamine HCl)	75 mg
Riboflavin (Vitamin B2)	50 mg
Niacin (Vitamin B3) (as 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)	43 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 L.</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, vegetable stearate, croscarmellose sodium, 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.	

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

Biolut™ is a trademark of Biolut SA de CV.

Dosage and Use

- Take one tablet daily 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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