

## Life Extension Mix™ Capsules without Copper

### **490 capsules**

Item Catalog Number: 01464

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,<sup>1-3</sup> and commercial multivitamins do not provide all of the vital plant components needed to maintain good health.

Life Extension Mix has been upgraded to include pterostilbene, a compound naturally found in blueberries and grapes that has been shown to have beneficial, antiaging effects on gene expression and to promote healthy cognitive function. The new Life Extension Mix now contains double the amount of vitamin D, more of the essential trace element iodine to promote optimal thyroid function, and less preformed retinol vitamin A.

### **Standardized 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.

### **Standardized vegetable and fruit extracts**

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 other glucosinolates, compounds responsible for broccoli's protective benefits.

Olive polyphenols help protect against LDL oxidation, quench 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 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 one of the most beneficial effects 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 luteolin.

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 is found in spinach and collard greens and has been shown to help maintain eye macula pigment structure.

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 may be the most effective plant to help maintain optimal endothelial function. The pomegranate extract contained in Life Extension Mix is standardized to provide the punicalagins and other polyphenols found in up to 2.6 ounces of pomegranate juice.

Sesame lignans increase tissue levels of vitamin E and gamma-tocopherol, and inhibit the formation of an inflammatory precursor called arachidonic acid.

Concentrated and standardized wild blueberry extract helps maintain optimal neuronal function.

Cocoa polyphenols offer the cardiovascular benefits of cocoa without fat or calories and contain the same amount of polyphenols as a ¼ serving (about 0.5 ounces) of a dark chocolate bar.

Pterostilbene is a compound naturally found in blueberries and grapes that has been shown to have beneficial, antiaging effects on gene expression and to promote healthy cognitive function.

## Important vitamins and amino acids

Pyridoxal 5'-phosphate helps protect against glycation reactions, a toxic process in which sugars bind to lipids and proteins to form nonfunctional structures in the body.

Double the amount of vitamin D3 than the previous version of Life Extension Mix is included to further help maintain healthy bone density and protect healthy DNA.

Life Extension Mix™ contains only the dry powder form of vitamin E. This natural form of vitamin E (succinate) has been shown to promote healthy DNA better than other forms.

Two forms of choline help maintain high levels of acetylcholine in the brain, which contributes to the support of cognitive function and memory.

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.

## Critical minerals

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. Life Extension Mix provides a total of 200 micrograms selenium from three different sources.

Zinc is often poorly absorbed, but Life Extension Mix™ provides two of the most bioavailable forms of zinc.

Boron is not only needed to maintain healthy bone density but may also help promote healthy prostate cell development. Life Extension Mix™ contains 3 milligrams boron.

Life Extension Mix™ provides a high amount of chromium to help maintain arterial wall structure and already normal glucose levels. The amount of iodine has been doubled for healthy thyroid function.

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 help ensure adequate levels of this lifesaving mineral.

## 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.

## Supplement Facts

Serving Size 14 capsules (per day)

Servings Per Container 35

### Amount Per Serving

Vitamin A (as 90% Betatene®1 <i>D. salina</i> natural beta-carotene with mixed carotenoids and 10% acetate)	5000 IU
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, and acerola extract)	2000 mg
Vitamin D3 (as cholecalciferol)	2000 IU
Vitamin E (as D-alpha tocopheryl succinate)	400 IU
Thiamine (vitamin B1) (as thiamine HCl)	125 mg
Riboflavin (vitamin B2) (with 2 mg riboflavin 5' phosphate coenzyme)	50 mg
Niacin (vitamin B3) (as 53% niacinamide, 38% niacin, 9% niacinamide ascorbate)	190 mg
Vitamin B6 (as 100 mg pyridoxal 5' phosphate coenzyme and 5 mg pyridoxine HCl)	105 mg
Folate (as folic acid)	800 mcg
Vitamin B12 (as 42% cyanocobalamin, 42% hydroxycobalamin, 16% ion exchange resin)	600 mcg
Biotin	3000 mcg
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)	600 mg
Calcium (as calcium ascorbate, D-calcium pantothenate, Calcium D-Glucarate2)	218 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate)	400 mg

Zinc (as OptiZinc®3 zinc DL-methionine complex, zinc succinate)	35 mg
Selenium [as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free) (SelenoPure™4), and 25% sodium selenate]	200 mcg
Manganese (as manganese gluconate)	1 mg
Chromium (as Chromium 454™5bio-organic yeast extract matrix)	500 mcg
Molybdenum (as sodium molybdate)	125 mcg
Potassium (as potassium chloride)	37.4 mg
N-acetyl-L-cysteine (NAC)	600 mg
Taurine	200 mg
Inositol	250 mg
Phosphatidylcholine (from soy)	150 mg
Choline (as choline bitartrate)	120 mg
Boron (as boron citrate/aspartate/glycinate complex)	3 mg
Ascorbyl palmitate (fat-soluble vitamin C)	250 mg
<i>para</i> -aminobenzoic acid (PABA)	200 mg
Trimethylglycine (TMG) (as betaine anhydrous) (from sugar beets)	100 mg
Citrus bioflavonoid complex [standardized to 50% total flavonoids (100 mg)]	200 mg
Broccoli sprout concentrate (A proprietary blend of broccoli sprout concentrates and Calcium D-Glucarate2) (providing sulforaphane, glucosinolates, D-3T, and PEITC)	525 mg
Calcium D-Glucarate2	200 mg
Decaffeinated Green tea ( <i>Camellia sinensis</i> ) extract (leaf) [standardized to 98% polyphenols (318.5 mg) and 45% Epigallocatechin gallate (EGCG) (146.25 mg)]	325 mg
Acerola extract 4:1 ( <i>Malpighia puniceifolia</i> ) (fruit)	300 mg
Ginger root extract ( <i>Zingiber officinale</i> ) (root) [standardized to 5% gingerols (10 mg)]	200 mg
HiActives 100% fruit/berry complex (A proprietary blend of concentrated blackberry, blueberry, cranberry, elderberry, persimmon, plum, and cherry powders)	200 mg
Wild Blueberry ( <i>Vaccinium angustifolium</i> ) 130:1 std. anthocyanin extract (fruit)	150 mg
CocoaGold™ cocoa( <i>Theobroma cacao</i> L) extract (bean) [standardized to 45% polyphenols (30 mg)]	67 mg
Milk thistle extract ( <i>Silybum marianum</i> ) (seeds) [standardized to 85% silymarin (85 mg)]	100 mg
Pomella®10 Pomegranate ( <i>Punica granatum</i> ) extract (fruit) [std. to 30% punicalagins (25.5 mg)]	85 mg
Bilberry extract ( <i>Vaccinium myrtillus</i> ) (berry) [standardized to 25% anthocyanidins (7.5 mg)]	30 mg
Leucoselect®6 grape seed extract ( <i>Vitis vinifera</i> ) (seeds) [std. to 95% proanthocyanidins (23.75 mg)]	25 mg
BioVin®7 grape extract ( <i>Vitis vinifera</i> ) (whole grapes) [std. to 95% proanthocyanidins (23.75 mg)]	25 mg
Bromelain (from pineapple) (2400 gelatin digestive units per gram)	15 mg
Lutein (purified concentrate from marigold flowers) ( <i>Tagetes erecta</i> ) (providing 465 mcg zeaxanthin)	15 mg
Olive juice extract (fresh fruit) [6% hydroxytyrosol (0.75 mg), 3% oleuropein (0.38 mg), 1% tyrosol (0.12 mg)]	12.5 mg
Sesame ( <i>Sesamum indicum</i> ) lignan extract	10 mg
Luteolin (high purity luteolin, as Pureolin®8)	8 mg
Lycopene (from Lyc-O-Mato®9 natural tomato extract)	3 mg
<i>trans</i> -Pterostilbene (from pure Pterospan™11 pterostilbene)	0.5 mg

Other ingredients: rice flour, gelatin, vegetable stearate.

Contains fish (tilapia), soybeans and tree nuts (cocoa beans). Contains yeast, corn and sesame.

This product contains NO milk, egg, peanuts, crustacean shellfish (lobster, crab, shrimp), wheat, gluten, or rice. Contains NO artificial sweeteners, flavors, or colors.

1- Betatene® is a registered trademark of Cognis Nutrition and Health.

2- The use of Calcium D-Glucarate is licensed from Applied Food Sciences, LLC under U.S. Patent No. 4,845,123.

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## Dosage and Use

- Take fourteen capsules per day in divided doses with meals, or as recommended by a healthcare practitioner.

## Caution

Temporary flushing, itching, rash, or gastric disturbances may occur. Liver function testing is recommended when niacin is taken in excess of 500 mg daily. Those with gout or liver diseases should avoid taking high doses of niacin. Consult with your doctor before using this product if you are taking anticoagulant medications. 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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