

THE UPGRADED LIFE EXTENSION MIX™

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 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 an olive extract standardized to provide the best-documented polyphenol called **hydroxytyrosol**.

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** proved one of the most beneficial 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 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.

Pomegranate may be the most effective plant to help maintain optimal endothelial function. This pomegranate extract 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**, including **gamma tocopherol**, and inhibit the formation of an inflammatory precursor called arachidonic acid.

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

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

Cyanidin-3-Glucoside is a berry compound that promotes healthy function of the retina to help support night vision.

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

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



9 tablets, 14 capsules, or three scoops of powder provide:

Vegetable-Fruit Complex

Decaffeinated Green tea extract (45% EGCG)	325 mg
Broccoli sprout concentrate extracts and calcium D-Glucarate (providing sulforaphane, glucosinolates, D-3T, and PEITC)	725 mg
Olive juice extract (providing polyphenols, hydroxytyrosol, tyrosol, oleuropein)	12.5 mg
Grape seed proanthocyanidin extract (Leucoselect®)	25 mg
Grape (proanthocyanidin) extract (BioVin®)	25 mg
Luteolin (from orange extract)	8 mg
Lycopene (natural tomato extract) (Tomat-O-Red®)	3 mg
Lutein (marigold extract) (465 mcg trans-zeaxanthin)	15 mg
Maqui Berry (<i>Aristotelia chilensis</i>) anthocyanin extract	100 mg
Milk thistle extract (85% silymarin)	100 mg
Bromelain (from pineapple)	15 mg
Citrus Bioflavonoids (50% hesperidin)	200 mg
Acerola extract 4:1	300 mg
Bilberry extract (Mirtoselect®)	30 mg
Pomegranate extract (30% punicalagins) (POMELLA®)	85 mg
Sesame seed lignan extract	10 mg
Fruit/Berry Complex blend (proprietary blend of concentrated blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)	200 mg
Wild Blueberry anthocyanin extract (fruit)	150 mg
trans-Pterostilbene (from pteroPure™)	0.5 mg
Cyanidin-3-Glucoside (C3G) (from blackcurrant extract)	1.25 mg
CherryPure® Tart Cherry (<i>Prunus cerasus</i>) proanthocyanidin extract	85 mg
Delphinidins (from Delphinol® Maqui berry (<i>Aristotelia chilensis</i>) extract)	2 mg

Water-Soluble Vitamins and Enzymatic Activators

Vitamin C	2000 mg
as: ascorbic acid, calcium, magnesium & niacinamide ascorbates, ascorbyl palmitate, acerola extract	
Natural Folate (from lemon extract)	400 mcg
Biotin	3,000 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)	5 mg
Pyridoxal 5'-phosphate (vitamin B6)	100 mg
Vitamin B12 (methylcobalamin)	600 mcg

THE MOST COMPLETE MULTIVITAMIN AVAILABLE TODAY

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, and commercial multivitamins do not provide all of the vital plant components needed to maintain good health.¹³ **Life Extension Mix™** provides a broad array of **vegetable/fruit extracts**.

Life Extension Mix™ now contains an upgraded **vitamin B12** that offers *superior absorption* compared to other forms of B12.

The new **Life Extension Mix™** also contains a potent *anthocyanin* called **delphinidins**. Delphinidins activate the production of **nitric oxide**, enabling vascular relaxation and supporting blood pressure. **Delphinidins** can also help to control inflammatory processes, stimulate the immune system, and stabilize blood sugar helping to control metabolic balance.

The content of **delphinidins** in the new **Life Extension Mix™** is equivalent to $3\frac{1}{4}$ cup of **raspberries** or $5\frac{3}{4}$ cups of dried **plums**.

The full daily dose of **Life Extension Mix™** can be obtained for as little as **\$1.49** per day.

Fat-Soluble Vitamins

Vitamin A (as Betatene® natural beta-carotene from dunaliella and acetate)	5,000 IU
Vitamin D3 (cholecalciferol)	2,000 IU
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)	2,000 mg
Vitamin E (natural D-alpha tocopheryl succinate and D-alpha tocopherol)	100 IU
Natural mixed tocopherols (proderving gamma, delta, alpha, and beta tocopherols)	60 mg

- **Vitamin D3** helps maintain healthy bone density and DNA. There is five times more vitamin D in **LIFE EXTENSION MIX™** compared to conventional multivitamins.

The **Life Extension Mix™** utilizes **natural mixed tocopherols** that provide natural vitamin E from alpha tocopherol and a small amount of gamma tocopherol (40 mg). Compared to synthetic vitamin E, the natural form is far more **bioavailable** to the body.

Amino Acid Complex

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

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

Mineral Complex

Selenium (from Se-methyl L-selenocysteine)	100 mcg
Selenium (from L-selenomethionine—SelenoPure™)	50 mcg
Selenium (from sodium selenite)	50 mcg
Zinc (as zinc citrate)	20 mg
Zinc (monomethionine) (OptiZinc®)	15 mg
Boron (Albion® bororganic glycine)	3 mg
Calcium	218 mg
Copper (as copper bisglycinate chelate TRAACS®)	1 mg
Chromium (as Crominex® 3+ chromium stabilized with Capros® and PrimaVie® Shilajit)	500 mcg
Potassium chloride (37.4 mg elemental)	71.3 mg
Molybdenum (sodium molybdate)	125 mcg
Manganese (gluconate)	1 mg
Iodine (potassium iodide)	150 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

- **Life Extension Mix™** contains the **sodium selenite**, **selenomethionine**, and **Se-methyl L-selenocysteine** forms of 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** 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 function.

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

- **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 life-saving mineral.

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

Contains soybeans. Contains fish (Tilapia).

Cholinergic Complex

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

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 call toll-free
1-800-544-4440 or visit
www.LifeExtension.com

CAUTION: Some people choose a high-niacin version of Life Extension Mix that provides 862 mg in the daily dose, of which 345 mg is the form of niacin that can cause temporary flushing, itching or gastric disturbances. 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 periodically obtain a serum 25-hydroxyvitamin D measurement. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.