

Life Extension® Two-Per-Day Formula

*The highest potency
multivitamin on the market*

Item #02114 • 120 capsules

Item #02115 • 120 tablets

Life Extension's Two-Per-Day provides the highest potencies that can fit into two capsules or tablets of any science-based multivitamin formula on the market, and does so at a very affordable price!

Compared to Centrum® Silver® Adults 50+, Two-Per-Day provides up to **50 times more vitamin B1**, **12 times more vitamin B12**, **25 times more vitamin B6**, **10 times more biotin** and **selenium**, **8 times more vitamin C**, **2 times more vitamin D** and **vitamin E**, and **2.7 times more zinc**, to name just a few.

Two-Per-Day Capsules and Tablets also provide Crominex® 3+, a highly stable and biologically active form of chromium blended with Capros® Amla and PrimaVie® Shilajit. When used as part of a healthy diet, chromium plays a vital role in maintaining healthy blood sugar levels already within normal range.

This formula has bioactive forms of vitamin B2 and B6, plus zinc citrate for its superior absorption, and mixed tocopherols, nutrients that help protect against lipid peroxidation.

This formula also contains 5-methyltetrahydrofolate (5-MTHF), the active form of folate that is up to 7 times more bioavailable than folic acid. This greater bioavailability is especially important for people with a genetic enzyme deficiency since it requires no conversion to become metabolically active.

Two-Per-Day now includes three forms of selenium (SelenoExcell®, Se-methyl-selenocysteine, and sodium selenite). Also newly included is apigenin, a powerful bioflavonoid found in many vegetables and fruits which boosts cell protection and confers significant health benefits.

Tomat-O-Red® is a registered trademark of LycoRed LTD. SelenoExcell® is a registered trademark of Cypress Systems Inc. L-OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc. Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc.



Two capsules/tablets contain:

Vitamin A (as beta-carotene, acetate)	5000 IU
Vitamin C (as ascorbic acid, niacinamide and calcium ascorbates)	500 mg
Vitamin D3 (as cholecalciferol)	2000 IU
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	100 IU
Thiamine (vitamin B1) (as thiamine HCL)	75 mg
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	50 mg
Niacin (as niacinamide, niacinamide ascorbate)	50 mg
Vitamin B6 (as pyridoxine HCL, pyridoxal 5'-phosphate)	75 mg
Folate (as L-5-methyltetrahydrofolate calcium salt)	400 mcg
Vitamin B12 (as methylcobalamin)	300 mcg
Biotin	300 mcg
Pantothenic acid (as D-calcium pantothenate)	100 mg
Calcium (as D-calcium pantothenate, Ca ascorbate, dicalcium phosphate)	10 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium oxide)	100 mg
Zinc (as zinc citrate, L-OptiZinc® zinc mono-L-methionine sulfate)	30 mg
Selenium [as sodium selenite, SelenoExcell® high selenium yeast, Se-methyl L-selenocysteine]	200 mcg
Manganese (as manganese citrate, gluconate)	2 mg
Chromium [as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit), PrimaVie® Shilajit]	200 mcg
Molybdenum (as molybdenum amino acid chelate)	100 mcg
Potassium (as potassium citrate)	25 mg
Alpha lipoic acid	25 mg
Boron (as boron amino acid chelate)	3 mg
Choline (as choline bitartrate)	20 mg
Inositol	50 mg
Marigold extract (flower) [std. to 5 mg trans-lutein and 155 mcg trans-zeaxanthin]	11.12 mg
Lycopene [from Tomat-O-Red® natural tomato extract (fruit)]	1 mg
Natural mixed tocopherols (providing gamma, delta, alpha, beta)	20 mg
Apigenin	5 mg
Two-Per-Day Capsules other ingredients: vegetable cellulose (capsule), vegetable stearate, rice flour, microcrystalline cellulose, silica, maltodextrin, chlorophyllin.	
Two-Per-Day Tablets other ingredients: stearic acid, croscarmellose sodium, vegetable stearate, silica, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin), microcrystalline cellulose, maltodextrin.	
Contains soybeans.	

Dosage and use

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

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.