

Life Extension Mix™ Tabs Without Copper

315 tablets

Item Catalog Number: 945

Public service campaigns are encouraging people to eat more fruits and vegetables to maintain a healthy lifestyle. Despite years of media publicity, 85 percent of Americans are not even eating the minimum recommendation of five servings of fruits and vegetables per day. Those who do report eating some produce often fail to consume the yellow and purple colored plants that are critical components of such a program.

Life Extension Mix™ contains 93 unique vegetable, fruit, and herbal extracts along with high potency amino acids, vitamins, minerals, and special antioxidants. The Life Extension Mix formula is fortified with botanical extracts that help maintain healthy cells via physiological processes separate from traditional antioxidants. Consumption of these types of plants is being recommended based on research emanating from the world's most prestigious medical centers.

The Life Extension Mix has been reformulated to include higher potency extracts and new, updated ingredients.

“Next Generation” Pomegranate Fruit Extract. Many products on the market contain pomegranate standardized to ellagic acid – a potent antioxidant. However, subsequent research has shown that ellagic is not the most biologically active and absorbable polyphenol in pomegranate. Punicalagins are the new “shining star.” The ellagic-acid based extract in Life Extension Mix has now been replaced by a high potency punicalagin-based extract.

Higher Potency Green Tea. The new Life Extension mix now has the highest potency green tea available with higher levels of the important EGCG. The new Life Extension Mix provides 325 mg of a decaffeinated green tea extract that is standardized to contain 98% (318.5 mg) of polyphenols and 45% (146.25 mg) of Epigallocatechin gallate (EGCG) which scientists attribute to green tea's health benefits. The amount of polyphenols (including EGCG) in Life Extension Mix is equivalent to drinking about 3-6 cups of green tea per day.

“Next Generation” Chromium. Life Extension Mix now contains a superior and biologically active trivalent chromium complex, a unique food form bio-organic water soluble matrix. It has shown to reduce blood-glucose levels by 33% compared to control. Chromium helps insulin metabolize fat, turn protein into muscle, and convert sugar into energy. Chromium, along with magnesium and biotin, are nutrients required to maintain healthy blood sugar levels in those already within normal range. Life Extension Mix provides 500 mcg of chromium. A review of studies showing the benefits of chromium supplementation reveals that doses exceeding 200 milligrams per day are required for optimal effects.^{32,33}

Higher Potency Magnesium. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. The Life Extension Mix now provides 100% of the Daily Value.

In addition to these new changes, the Life Extension Mix still contains classic ingredients such as:

Vegetable extracts.

Luteolin is a flavonoid found in parsley, artichoke, basil, celery and other foods. When measured against 27 other flavonoids, luteolin provided the best DNA protection. One favorable mechanism of luteolin is its ability to inhibit oxidative damage to cellular DNA. Another unique benefit is luteolin's ability to suppress excess levels of dangerous inflammatory cytokines such as interleukin-6 and interleukin 1B.⁸ Life Extension Mix contains a standardized dose of 8 mg luteolin.

Broccoli is touted as one of the most important vegetables to help maintain healthy DNA. Broccoli contains several active constituents, with sulphoraphane being the most significant because of its unique detoxification and DNA protecting effects. The new Life Extension Mix provides a concentrated broccoli mixture that provides standardized extracts of sulphoraphane and glucosinolates, two compounds attributed to broccoli's multiple protective benefits. Broccoli is also a natural source of gene protecting chlorophyll.^{*9-13}

D-glucarate is a botanical extract found in grapefruit, apples, oranges, broccoli and Brussels sprouts. D-glucarate effectively supports a detoxification process that helps to remove DNA toxins from the body.^{14,15} The daily dose of Life Extension Mix provides 200 mg D-glucarate.

Lutein, an extract found in spinach and collard greens, has been shown to help maintain critical pigments in the eye macula, while the carotenoid alpha-carotene has demonstrated antioxidant activity far greater than beta-carotene. Lycopene from tomatoes has shown potent effects in helping to maintain healthy DNA structure and protect against LDL oxidation. Life Extension Mix™ contains 60 times more lutein and 10 times more lycopene compared to Centrum®. Most multivitamin supplements provide no vegetable extracts whatsoever.

Fruit extracts.

Life Extension Mix is also fortified with fruit extracts such as bilberry, grape seed, grape skin, and citrus bioflavonoids to provide healthy circulation throughout the body and maintain healthy DNA.*

The media has publicized the multiple benefits of fruits such as blackberry, cranberry, elderberry, cherry, plums and persimmon. Life Extension Mix has a customized blend of these and other fruits that studies indicate provide multiple favorable effects in the body.

Olive oil consumption is one of the important factors behind the health benefits of the "Mediterranean Diet."^{16,17} Researchers have discovered that there are up to 300 times more polyphenol compounds in olive water compared to olive oil.^{18,19} Olive polyphenols have been the subject of numerous studies pointing toward their benefits in many different areas, including helping to protect against LDL oxidation, suppressing free radicals, and stabilizing cell membranes.²⁰⁻²² Life Extension Mix contains a potent olive juice extract standardized to contain 7 percent of the best-documented polyphenol called hydroxytyrosol.²³ The amount of hydroxytyrosol in Life Extension Mix is equivalent to drinking one ounce of virgin olive oil per day.²⁴⁻²⁵

Sesame lignans enhance the effects of vitamin E. Sesame and its lignans have a broad range of applications in human health. This includes increasing human tissue levels of vitamin E by facilitating carrier proteins in the liver to deliver nutrients to cells throughout the body.^{26,27}

Sesame lignans increase the anti-inflammatory index of fish oils and help maintain healthy cholesterol/LDL levels in those already within normal range.*²⁸⁻³¹ Life Extension Mix contains 10 mg sesame lignan extract to provide the direct benefits of the lignans and augment the effects of vitamin E and other nutrients in the body such as gamma-tocopherol and gamma-linolenic acid (GLA).

High potency vitamin D3. Doctors used to be concerned that too much vitamin D could be toxic. Over the past few years, however, an increasing body of evidence indicates that it takes much higher doses of vitamin D (perhaps over 10,000 IU/day) to inflict toxicity on a healthy person. The concern expressed by researchers today is that fear of vitamin D toxicity is keeping many people from supplementing with enough vitamin D, which is critical for maintaining bone density. In response to studies showing that even those who take standard vitamin D supplements are not obtaining adequate amounts, Life Extension Mix provides 800 IU vitamin D3 per daily dose.

Life Extension Mix saves time and money by combining the most popular nutrient supplements in one product, eliminating the need to take separate bottles of B-complex, vitamins C and E, mineral supplements and much more that would be required to achieve the same effects. Life Extension Mix supplies the most powerful antioxidants, including water and fat soluble vitamin C, the ideal form of alpha vitamin E, and plant extracts that help protect against cellular DNA damage. Other ingredients in Life Extension Mix enhance beneficial DNA methylation patterns, and help maintain glycemic control and healthy levels of LDL in those already within normal range.*

Life Extension Mix is the cornerstone of a comprehensive supplement program because it provides so many well-studied nutrients. If you are on a budget, Life Extension Mix provides the best cost per milligram value. With the addition of the newest ingredients, Life Extension Mix has become an even greater value.

References

Supplement Facts

Serving Size 9 tablets (per day)

Servings Per Container 35

Amount Per Serving

Vitamin A (as 20% Betatene® D. salina natural beta-carotene with mixed carotenoids¹ and 50% acetate) 5000 IU

Vitamin C (as ascorbic acid, calcium ascorbate, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, and acerola juice powder) 2000 mg

Vitamin D3 (as cholecalciferol) 800 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 pyridoxine HCl with 2.5 mg pyridoxal 5' phosphate coenzyme)	100 mg
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-Glucarate ²)	218 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate)	400 mg
Zinc [as methionate (OptiZinc [®] 3), zinc succinate]	35 mg
Selenium [as 50% se-methylselenocysteine, 25% L-selenomethionine (yeast free) (SelenoPure [™] 4), and 25% sodium selenate]	200 mcg
Manganese (as manganese gluconate)	1 mg
Chromium (as Chromium 454 [™] bio-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	500 mg
Inositol	250 mg
Phosphatidylcholine (from soy)	150 mg
Choline (as choline bitartrate)	120 mg
Dilauryl thiodipropionate	25 mg
Thiodipropionic acid	25 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
Alpha-carotene	100 IU
Citrus bioflavonoid complex [50% total bioflavonoids (650 mg)]	1300 mg
Typical profile: (to equal 50% total bioflavonoids)	
Flavanone (Hesperidin) 35% (455 mg)	
Flavonones (Naringin, Naringenin 7-B-Rutinoside and others) 14% (182 mg)	
Flavonols, Flavones and related phenolic compounds 1% (13 mg)	
Broccoli sprout concentrate (A proprietary blend of broccoli sprout concentrates and Calcium D-Glucarate ²) (providing sulforaphane, glucosinolates, D-3T, and PEITC)	525 mg
Calcium D-Glucarate ²	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 juice extract powder 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
VitaBlue®6 Wild Blueberry (<i>Vaccinium angustifolium</i>) 130:1 Extract (fruit) [std. to 14% Total Phenolics (21 mg), 4.9% Total Anthocyanins (7.35 mg), 660 ppm Pterostilbene (0.1 mg)]	150 mg
Milk thistle extract (<i>Silybum marianus</i>) (seeds) [standardized to 85% silymarin (85 mg)]	100 mg
Pomegranate (<i>Punica granatum</i>) extract (fruit) [standardized 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®7 grapeseed extract (<i>Vitis vinifera</i>) (seeds) [std. to 95% proanthocyanidins (23.75 mg)]	25 mg
BioVin®8 grape extract (<i>Vitis vinifera</i>) (whole grapes) [std. to minimum 95% proanthocyanidins (23.75 mg), minimum 75% total polyphenols as gallic acid monohydrate (18.75 mg), minimum 200 ppm trans-resveratrol]	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) [standardized to 10% polyphenols (1.25 mg), 7% hydroxytyrosol (0.88 mg)]	12.5 mg
Sesame (<i>Sesamum indicum</i>) lignan extract	10 mg
Luteolin [from perilla leaf extract (<i>Perilla frutescens</i>)]	8 mg
Lycopene (from natural tomato extract) (Lyc-O-Mato®9)	3 mg
Other ingredients: microcrystalline cellulose, dicalcium phosphate, stearic acid, magnesium stearate, croscarmellose sodium, pharmaceutical glaze.	

Contains milk and soybeans. Contains yeast, corn, and sesame. This product contains NO egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, 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.

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

4-SelenoPure™ is a trademark of Nutrition 21.

5-Chromium 454™ is a trademark of VDF Futureceuticals, Inc.

6-VitaBlue® is a registered trademark of VDF Futureceuticals, Inc.

7-Leucoselect® is a registered trademark of Indena S.p.A.

8-BioVin® is a registered trademark of Cyvex Nutrition.

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

Dosage and Use

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

Caution

The niacin in this product may cause flushing (a feeling of warmth and reddening of the skin). This effect is temporary and harmless. Periodic liver function testing and supervision of a qualified healthcare professional are strongly recommended with niacin dosing in excess of 500 mg daily. Life Extension Mix should not be used by individuals who have an allergy to sesame. Those with Wilson's disease or cancer patients on a physician supervised copper depletion therapy should avoid copper.

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 inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

All Contents Copyright © 1995-2007 Life Extension Foundation All rights reserved.

LifeExtensionSM

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.