LifeExtension℠ Print This

Life Extension Two-Per-Day
120 tablets
Item Catalog Number: 715

Adequate intake of vitamins and minerals is key to optimal health.48 But, since it is virtually impossible to eat enough food to get all the nutrients the body needs on a daily basis, taking multivitamin supplements is the healthy alternative. That is why Life Extension developed Life Extension Mix™ back in 1983. However, some people are averse to swallowing the nine tablets per day recommended to get the maximum health benefits demonstrated in scientific studies.

For those people, Life Extension has formulated a two-per-day multivitamin supplement that, although not as comprehensive as the Life Extension Mix formulas, provides the maximum amount of active ingredients that can fit into two tablets to confer some health benefits.48

A study published in *JAMA* demonstrated the health benefits of taking daily vitamins by pointing out "Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements."48 The same *JAMA* issue, in its scientific review, reveals that inadequate intake of vitamins B6, B12, E, D, and folate are associated with less than optimal health.

Other crucial nutrients included in the Two-Per-Day Tablets include biotin, which may be used as part of your diet to maintain a healthy blood sugar level in those already within normal range;49 lycopene,50 one of the most effective antioxidant nutrients; and lutein, a carotenoid that is beneficial to eye health.51,52*

With relatively high amounts of folic acid, vitamin D3, zinc, lycopene, lutein, chromium, selenium, and B-complex vitamins, Life Extension Two-Per-Day Tablets can stand up to any multivitamin supplement on the market. In fact, compared to Centrum®, Life Extension Two-Per-Day Tablets provides about:

- 8 times more vitamin C
- 6 times more vitamin E
- 6 times more lycopene
- 20 times more lutein
- 10 times more biotin
- 37 times more vitamin B6
- 5 times more selenium
- 50 times more vitamin B1
- 50 times more vitamin B12
- At least twice as much folic acid, zinc, and many other nutrients

Life Extension Two-Per-Day Tablets are an excellent choice for those seeking a premium-quality nutrient supplement that far surpasses off-the-shelf brands.

References

Supplement Facts

Serving Size 2 tablets	
Servings Per Container 60	
Amount Per Serving	
Vitamin A (as 20% beta-carotene and 80% palmitate)	5000 IU
Vitamin C (as ascorbic acid, niacinamide, and calcium ascorbates)	500 mg
Vitamin D (as cholecalciferol)	800 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
Folic acid	800 mcg
Vitamin B12 (as cyanocobalamin)	300 mcg
Biotin	300 mcg
Pantothenic acid (as D-calcium pantothenate)	100 mg
Calcium (from dicalcium phosphate, D-calcium pantothenate, and calcium ascorbate)	20 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)	100 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
Alpha-carotene	50 mcg
Boron (as boron amino acid chelate)	3mg
Choline bitartrate	50 mg
Inositol	50 mg
Biolut™ Marigold Extract (*Tagetes erecta*) (flowers) [std. to 45% free Lutein equivalent (5 mg), 2% zeaxanthin (220 mcg)]	11 mg
Lycopene (as Lyc-O-Mato® tomato extract)	2 mg
PABA (*para*-aminobenzoic acid)	30 mg

Other ingredients: microcrystalline cellulose, maltodextrin, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, pharmaceutical glaze.

Contains soybeans. Contains corn and rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish, tree nuts, wheat, yeast, gluten, or artificial sweeteners.

Lyc-O-Mato® is a registered trademark of LycoRed Natural Products Limited.
OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc.
Biolut™ is a trademark of Biolut SA de CV.

Dosage and Use

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

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.