LifeExtension℠ Print This

Life Extension Mix™ Powder
16.05 oz. powder
Item Catalog Number: 836

Public service campaign 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 newest ingredients in the Life Extension formula are two standardized blueberry extracts that provide the most active constituents found in this health-promoting fruit. Blueberry anthocyanins are considered nature's most potent antioxidants and have demonstrated properties that extend well beyond suppressing free radicals. Pterostilbene, another blueberry constituent, helps maintain healthy lipid and glucose levels in those already within normal range.* Even more exciting is that through their unique biological effects; pterostilbene and anthocyanins may help support DNA structure.* The new Life Extension Mix provides blueberry extracts standardized with both anthocyanins and pterostilbene.

Standardized green tea extract
The Life Extension Foundation introduced green tea extract as a supplement in 1993, based on epidemiological studies showing that those who consumed green tea had much lower incidences of common health problems. Over the past 12 years, an enormous amount of positive studies about the health benefits of green tea have been published.

Scientists have looked at the active polyphenol constituents of green tea and have found that they possess remarkable biological activity at t the cellular level. Researchers have also identified multiple mechanisms by which green tea extract helps maintain healthy DNA, protect healthy LDL oxidation, neuronal peroxidation, and a host of other adverse structural and functional age-related changes.*1-7

The new Life Extension Mix provides 325 mg of a decaffeinated green tea extract that is standardized to contain 302 mg of the polyphenols that 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.

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 grater 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(R). 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.*

Ellagic acid is a detoxifying agent found in raspberries, strawberries, and other fruit. Ellagic acid has demonstrated DNA-protecting properties, including the ability to bind to toxins and neutralize them. Studies have also shown that ellagic acid may protect against chromosome damage and reduce the effects of chemically induced hepatic structural degeneration. Life Extension mix contains a raspberry and pomegranate fruit extract to deliver 50 mg of ellagic acid in each daily dose.

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 oil 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).

Maintaining healthy blood glucose levels

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 chromium, a better absorbed form of magnesium, and high potency of biotin. 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

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 two standardized blueberry extracts, Life Extension Mix has become an even greater value.

References

Supplement Facts

Serving Size 3 scoops (per day)	
Servings Per Container 35	
Amount Per Serving	
Vitamin A (as 20% Betatene® *D. salina* natural beta-carotene with mixed carotenoids1 and 80% 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 HCI with 2.5 mg pyridoxal 5' phosphate coenzyme)	100 mg
Folic acid	800 mcg
Vitamin B12 (as 42% cyanocobalamin, 42% hydroxylcobalamin, 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)	75 mcg
Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate)	325 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
Copper (as copper bisglycinate chelate)	1 mg
Manganese (as manganese gluconate)	1 mg
Chromium (as ChromeMate®5 chromium polynicotinate)	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
Choline (as choline bitartrate)	120 mg
Inositol	250 mg
Phosphatidylcholine (from soy)	150 mg
Bromelain (from pineapple)	15 mg
(2400 gelatin digestive units per gram)	
para-aminobenzoic acid (PABA)	200 mg
Trimethylglycine (TMG) (as betaine anhydrous)	100 mg
(from sugar beets)	
VitaBlue®9 Wild Blueberry (*Vaccinium angustifolium*)	150 mg
130:1 Extract (fruit) [standardized to 14% Total	
Phenolics (21 mg), 4.9% Total Anthocyanins	
(7.35 mg), 660 ppm Pterostilbene (0.1 mg)]	
Bilberry extract (*Vaccinium myrtillus*) (berry)	30 mg
[standardized for 25% anthocyanidins (7.5 mg)]	
Citrus bioflavonoid complex	1300 mg
[50% total bioflavonoids (650 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)	
Ascorbyl palmitate (fat soluble vitamin C)	250 mg
Ginger root extract (*Zingiber officinale*) (root)	200 mg
[standardized for 5% gingerols (10 mg)]	
Leucoselect®6 grapeseed extract (*Vitis vinifera*)	25 mg
(seeds) [standardized for 95% proanthocyanidins (23.75 mg)]	
BioVin®7 full spectrum grape extract (*Vitis vinifera* L.)	25 mg
(whole grapes) [standardized to 95%	
proanthocyanidins (23.75 mg), 75% total	
polyphenols as gallic acid monohydrate (18.75 mg),	
200 ppm trans-resveratrol]	
Milk thistle extract (*Silybum marianus*) (seeds)	100 mg
[standardized for 85% silymarin (85 mg)]	
Dilaurylthiodipropionate	25 mg
Thiodiproprionic acid	25 mg
Acerola juice powder extract 1:4	300 mg
(*Malpighia punicifolia* L.) (fruit)	
Alpha-carotene	100 IU
Broccoli concentrate complex	525 mg

(A proprietary blend of broccoli sprout concentrates and Calcium D-Glucarate2) (providing 1.5 mg sulforaphane and 5 mg glucosinolates)	
Calcium D-Glucarate2	200 mg
Boron (as boron citrate/aspartate/glycinate complex)	3 mg
Lutein (purified concentrate from marigold flowers) (*Tagetes erecta*) (providing 465 mcg zeaxanthin)	15 mg
Lycopene (from natural tomato extract) (Lyc-O-Mato®8)	3 mg
Luteolin [from Perilla leaf extract (*Perilla frutescens*)]	8 mg
Raspberry leaf (*Rubus idaeus*) and pomegranate fruit (*Punica granatum* L.) extract [standardized for 32% ellagic acid (50 mg)]	156.5 mg
Green tea (*Camellia var. sinensis*) decaffeinated extract, powdered (leaf) [standardized to 93% polyphenols (302.25 mg), 34% Epigallocatechin gallate (EGCG) (110.5 mg)]	325 mg
Olive juice extract (fresh fruit) [standardized to 10% polyphenols (1.25 mg), 7% hydroxytyrosol (0.88 mg)]	12.5 mg
HiActives 100% fruit/berry complex (A proprietary blend of concentrated blackberry, blueberry, cranberry, elderberry, persimmon, plum, and cherry powders)	200 mg
Sesame seed (*Sesamum indicum*) lignan extract [standardized for 60% sesamin (6 mg)]	10 mg

Other ingredients: maltodextrin, natural orange flavor, stevia extract, dicalcium phosphate.
This product contains NO wheat, yeast, or gluten. Contains NO artificial sweeteners, flavors, colors, or preservatives.

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, an AMBI Nutrition Company.
5 - ChromeMate®, a patented, biologically active oxygen-coordinated niacin-bound chromium complex, is a trademark of InterHealth Nutritionals Inc., U.S. Patents No. 4,923,855; 4,954,492; 5,194,615.
6 - Leucoselect® is a registered trademark of Indena U.S.A.
7 - BioVin® is a registered trademark of Cyvex Nutrition.
8 - Lyc-O-Mato® is a registered trademark of LycoRed Natural Products Limited.
9 - VitaBlue® is a registered trademark of VDF Futureceuticals, Inc.

Dosage and Use

- Three scoops per day in divided doses with meals.

Caution

The niacin in this product may cause flushing (a feeling of warmth and reddening of the skin). This effect is temporary and harmless.

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.

Related Keywords

Multi Vitamin, Vitamins, Mix