

Life Extension Mix™

Numerous scientific studies document that people who eat the most fruits and vegetables have a lower incidence of health problems. Few people, however, consistently eat enough plant food to provide vital phyto-protection against common age-related decline. Commercial multivitamins do not contain all of the vital plant components needed to maintain good health.¹⁻³

Life Extension Mix™ is vastly superior to other multivitamins on the market today—partly because it provides a remarkably broad array of fruit and vegetable extracts.

Packed into this blend are extracts of fruits ranging from grape and maqui to bilberry and tart cherry. Its standardized vegetable extracts range from broccoli to artichoke. All with known health benefits throughout the body.

Rounding out the superiority of Life Extension Mix™ is its extensive list of water- and fat-soluble vitamins, minerals, amino acids. Life Extension Mix provides enzymatically-active forms of B vitamins like pyridoxal-5-phosphate that provide immediate antiglycation benefits. This formula is the only multivitamin to contain 5-methyltetrahydrofolate (5-MTHF), the active form of folate that is more bioavailable than folic acid. This greater bioavailability is especially important in people who have a genetic deficiency since it requires no conversion to become metabolically active.

Scientists have identified multiple mechanisms by which green tea extract helps protect against LDL oxidation, neuronal degradation, 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™ provides 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 that provides 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 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.

The wild blueberry extract in Life Extension Mix™ helps maintain optimal neuronal function.

Bilberry extract has antioxidative properties that not only are neuroprotective, but help suppress photooxidative processes and have been shown to improve microcapillary circulation.

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

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.

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

Unlike folic acid, 5-MTHF—which is more bioavailable—is able to cross the blood-brain barrier. This is especially important for people with cognitive difficulties to enhance the synthesis of acetylcholine in the brain, the neurotransmitter associated with memory. It also better facilitates maintenance of healthy homocysteine levels.

Vitamin D3 helps maintain healthy bone density and DNA. There is five times more vitamin D in Life Extension Mix™ compared to conventional multivitamins.

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

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.

Life Extension Mix™ contains three potent forms of selenium (SelenoExcell®, Se-methyl-selenocysteine, and sodium selenite). 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.

Choline, phosphatidylcholine and inositol help maintain high levels of acetylcholine in the brain to support cognitive function and memory.

A healthy type of dietary fat, medium-chain triglycerides are easily absorbed intact and transported directly to the liver, where they are immediately used for energy.

Also newly included is apigenin, a powerful bioflavonoid found in many vegetables and fruits which boosts cell protection.

References

1. *Stroke*. 2004 Sep;35(9):2014-9.
2. *Mutat Res*. 1999 Jul 16;428(1-2):329-38.
3. *J Am Diet Assoc*. 1996 Oct;96(10):1027-39.

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