

PROTOCOL
FOR LIFE BALANCE™

Selenium

200 mcg

L-Selenomethionine

10% of profits donated for health research

90Vcaps®

A Dietary Supplement Vegetarian Formula



Supplement Facts

Serving Size 1 Vcap®

	Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	200 mcg	286%

Other Ingredients: Rice Flour, Cellulose (capsule) and Magnesium Stearate (vegetable source).

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Made in the U.S.A. www.protocolforlife.com

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

Vcaps® is a registered trademark of Capsugel.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

Peel Here
for more information

Selenium is an essential trace mineral. Plant foods are the major sources of selenium throughout the world; however, the content of selenium in food depends on the Selenium content of the soil where plants are grown or animals are raised. It is naturally found in Brazil nuts, organ meats, seafood, and wheat germ.

Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes.* The antioxidant properties of selenoproteins help prevent cellular damage from free radicals.* Many of the benefits of selenium are related to its role in the production of the enzyme glutathione peroxidase.* This enzyme is a critical component of the body's natural detoxification mechanisms.

In addition to its antioxidant properties, Selenium plays a role in prostaglandin production, thyroid hormone activation, and the maintenance of healthy immunity.*

Cautions and Interactions

Intakes of selenium less than 900 micrograms daily (for adults) are unlikely to cause adverse reactions. Do not exceed one capsule daily, except under the guidance of a health care practitioner. Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use.

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

This product contains an Arglex® anti-oxygen packet to enhance protection during storage.

SUGGESTED USAGE: As a dietary supplement, take one Vcaps® daily, preferably with meals. Dosages as high as 400 mcg/day (2 capsules daily) may be recommended by a healthcare practitioner. **Caution: Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use.**

Selenium is an essential trace mineral and functions as part of the antioxidant enzyme glutathione peroxidase and complements the actions of Vitamin E.* It is bonded to the essential sulfur amino acid, methionine, in a naturally occurring form as found in the diet. Selenium is found most abundantly in Brazil nuts, organ meats, seafood, and wheat germ.

Selenium may reduce the risk of certain cancers. Some scientific evidence suggests that consumption of selenium may reduce the risk of prostate cancer in men. However, FDA has determined that this evidence is limited and not conclusive.

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