

Suggested Usage: As a dietary supplement, take one Vcap® daily, preferably with meals. **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 that is found naturally in Brazil nuts, organ meats, seafood, and wheat germ.*

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



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Daily Essentials

Selenium

200 mcg • Yeast-Free • Vegetarian Formula

Dietary Supplement

90 Vcaps®



PHYSICIAN'S PREFERENCE®

Supplement Facts

Serving Size 1 Vcap®

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

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

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

Vegetarian/Vegan Product. Store in a cool, dry place. Vcaps® is a registered trademark of Capsugel.

Physician's Preference®

20214 Braidwood Dr., Ste. 160, Katy, TX 77450
www.physicianspreference.com