

Supplement Facts

Serving Size 1 capsule

Amount per capsule % DV

Selenium (as sodium selenate)	200 mcg	285
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Excipients:

Microcrystalline cellulose,
Gelatin

Suggested Use:

1 capsule daily, or as directed
by a health care professional.

LifeLink
Grover Beach, CA 93433
<http://www.lifelinknet.com>

Life  Link

Sodium Selenate

Yeast-Free Selenium

200

200 mcg / 100 capsules

Selenium is a chemical element required in the body to enable the enzyme glutathione peroxidase to neutralize destructive "superoxide" molecules.

Selenium deficiencies are common, causing symptoms like those of aging: damaged tissues, increased arthritis, heart disease, and cancer. Caution: daily usage of more than 800 mcg/day of selenium can cause hair loss, nail problems, accelerated tooth decay, and swelling of the fingers.

