

00E 1485 V2



ACTUAL SIZE

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

Selenium is an essential trace mineral that is found naturally in Brazil nuts, organ meats, seafood and wheat germ.

SUGGESTED USAGE: As a dietary supplement, take one VcapsTM daily, preferably with meals. **Caution:** Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use.

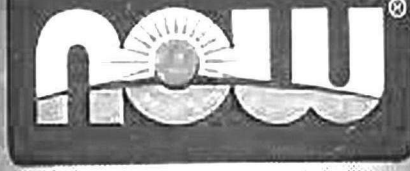
Selenium

200 mcg

Yeast-Free

90 VcapsTM

A Dietary Supplement
Vegetarian Formula



This seal certifies that the product has been manufactured in strict accordance with the GMP standards of the FDA. The seal is a mark of the company's commitment to quality and safety. It is not a guarantee of purity or effectiveness, however, and does not constitute an endorsement by the FDA.

Supplement Facts

Serving Size 1 VcapsTM

	Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	200 mcg	280%

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

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

VcapsTM is a trademark of Capugel.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60010
Made in the U.S.A.