

ACTUAL
SIZE



CODE 1482

V2

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

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.

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.

SUGGESTED USAGE: As a dietary supplement, take one tablet 1 to 2 times daily, preferably with meals. Consider taking this product in combination with NOW® Tru-E BioComplex™, Antioxidant

Caps and Alpha Lipotic Acid.



Selenium

ESSENTIAL MINERAL

100 mcg
Yeast Free

250 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	100 mcg	140%

Other ingredients: Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

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

Vegetarian/Vegan Product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Made in the U.S.A.

www.nowfoods.com