

ACTUAL SIZE

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CODE 1485

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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 Vcap® daily, preferably with meals. Consider taking this product in combination with NOW® True-E BioComplex™, Antioxidant Caps and Alpha Lipolic Acid. **Caution:** Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use.



Selenium

ESSENTIAL MINERAL

200 mcg
Yeast-Free

90 Vcaps®

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).

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

Vegetarian/Vegan Product.

Vcaps® is a registered trademark of Capsugel.

Store in a cool, dry place. Please Recycle.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Made in the U.S.A.

www.nowfoods.com