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ACTUAL SIZE

CODE 1486 V3

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. **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**180 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 or preservatives.

Vegetarian Formula.

Vcaps™ is a trademark of Capsugel.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

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