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CODE
P1485

V3

SUGGESTED USAGE: As a dietary supplement, take 1 Vcap® daily, preferably with a meal. Dosages as high as 400 mcg/day (2 capsules daily) may be recommended by your healthcare practitioner. **Caution: Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use.**

HOW IT WORKS: Selenium is an essential trace mineral and functions as part of the antioxidant enzyme glutathione peroxidase and complements the actions of vitamin E.* It is bonded to the essential sulfur amino acid, methionine, in a naturally occurring form as found in the diet. Selenium is found most abundantly in Brazil nuts, organ meats, seafood, and wheat germ.

CAUTIONS/INTERACTIONS: Intakes of selenium less than 900 micrograms daily (for adults) are unlikely to cause adverse reactions. Do not exceed one capsule daily, except under the guidance of a healthcare practitioner. For more information on this product go to www.protocolforlife.com/P1485.

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners.

PROTOCOL
FOR LIFE BALANCE™

Selenium

200 mcg

L-Selenomethionine

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).

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431, U.S.A.

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

Vegetarian/Vegan Product.

Vcaps® is a registered trademark of Capsugel.

This bottle contains an Ageless® oxygen absorbing packet to ensure freshness. Do not eat packet.

Store in a cool, dry place. Please Recycle.

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