



SWANSON®
PREMIUM BRAND
bringing wellness to the world since 1969

Selenium

(L-Selenomethionine)

Mineral Supplement



200 capsules • 100 mcg

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule one to two times per day with water.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Selenium	100 mcg	182%
(from Selenium SeLECT® L-selenomethionine)		

Other ingredients: Rice flour, gelatin, dicalcium phosphate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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