

Directions: As a dietary supplement, adults take one (1) tablet daily with meals, or as directed by a health care professional.

Selenium is a component of important antioxidant enzymes that help prevent cellular damage from free radicals. Selenium also helps regulate thyroid function and plays a role in the immune system.[†]

Store in a cool, dry place and away from direct light.
Do not use if safety seal under cap is broken or missing.
Keep out of reach of children.

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

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for more information visit www.vivavitamins.com

MADE IN THE USA

GMP COMPLIANT MANUFACTURING



SELENIUM

50 MCG

*essential
mineral*

Antioxidant protection
against free radicals[†]

250 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 250

Amount Per Serving		%Daily Value
Selenium (as L-Selenomethionine)	50 mcg	*

* %Daily Value (DV) has not been established.

Other Ingredients: Microcrystalline cellulose, calcium phosphate, stearic acid, croscarmellose sodium, magnesium stearate (vegetable source), hydroxy- propylmethyl cellulose.

Contains No: Gluten, sugar, salt, corn, wheat, dairy, citrus, egg, fish products, artificial coloring, flavoring, or preservatives.

Viva Vitamins™ fully guarantees the potency of this product through: