

Directions: As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

Bluebonnet's Yeast-Free Selenium Glycinate Capsules contain 200 mcg of elemental selenium per serving from a low molecular weight glycinate amino acid complex from Albion. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley and sugar.

Bluebonnet's KOF-K Certification #K-0000700

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Bluebonnet

Yeast-Free

Selenium Glycinate

Amino Acid Chelate
Dietary Supplement

90 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Selenium	200 mcg	364
(as selenium glycinate complex)		

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Minerals are shown in their elemental value.

Manufactured by
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