

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

Bluebonnet's Selenium 200 mcg Capsules contain pure yeast-free selenomethionine, an amino acid chelate of selenium and L-methionine. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Manufactured by
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Bluebonnet



Selenium 200 mcg

Yeast-Free Selenomethionine
Dietary Supplement
90 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Selenium (as L-selenomethionine)	200 mcg	364

Daily Value based on a 2,000 calorie diet.

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

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700