

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

Bluebonnet's Selenium 100 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.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by

Bluebonnet Nutrition Corporation

12915 Dairy Ashford, Sugar Land, TX 77478 USA

www.bluebonnetnutrition.com

07398



Bluebonnet



Selenium 100 mcg

**Yeast-Free Selenomethionine
Dietary Supplement**



90 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Selenium (as L-selenomethionine)	100 mcg	143

Daily Value based on a 2,000 calorie diet.

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

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.