

swanson.com
or call 1-800-437-4148

- Powerful antioxidant which protects against free radicals and oxidative stress
- Maintains cardiovascular, thyroid and immune health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule per day with food and water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



SeMSC Selenium

Antioxidant Support

200 mcg

MINERAL SUPPLEMENT | 120 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Selenium	200 mcg	364%
(from L-Se-methylselenocysteine) (SeMSC)		

Other ingredients: Microcrystalline cellulose (plant fiber), gelatin, calcium palmitate.

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