

Selenium is an essential trace mineral. It is a component of the antioxidant enzyme glutathione peroxidase, which helps to fight cell-damaging free-radicals. Selenium also helps recycle Vitamin E, which in turn adds additional antioxidant support. This formulation provides Selenium from primary grown yeast.\*

Solgar's KOF-K certification #K-1250

Carefully Manufactured by:  
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SOLGB72540 01C



# SELENIUM 200 MCG

NATURAL ANTIOXIDANT SUPPORT\*  
SUPPORTS IMMUNE SYSTEM HEALTH\*

Non-GMO  
DAIRY FREE  
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet

| Amount Per Serving                           | %DV  |
|----------------------------------------------|------|
| Selenium 200 mcg<br>(as primary grown yeast) | 364% |

DV = Daily Value

Other Ingredients: *Saccharomyces cerevisiae* (Baker's Yeast, Brewer's Yeast), Vegetable Stearic Acid. Contains Wheat†

†Baker's Yeast and Brewer's Yeast are derived from wheat.

**FREE OF: Dairy, Soy, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a health-care practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to yeast. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

\*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.

