Suggested Usage: Take 1 tablet 1 to 2 times daily with food.

Selenium is an essential trace mineral that is found naturally in Brazil nuts, organ meats, seafood, and wheat germ.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Persons living in areas of high soil selenium, such as the Dakotas, should consult a physician prior to use. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

CODE 1480 V6

7 33739 01480 1

NOW®

Minerals

Family owned since 1968.

Selenium
100 mcg

Essential Mineral

Yeast-Free

100 Tablets

Non-GMO

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Selenium (from L-Selenomethionine)	100 mcg	182%

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.