

**USAGE:** Take 1 capsule per day or 1 every other day, or as directed by your qualified healthcare professional.

**NOTE:** The total amount of selenium supplemented from all sources should not exceed the tolerable upper intake level (UL) for selenium of 400 mcg/day. If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Selenium Synergy®** contains a highly effective form of selenium, methylselenocysteine, in a synergistic formulation with Glucoraphanin, vitamin B<sub>2</sub> (riboflavin) and vitamin E, which promotes antioxidant protection against free radicals.\*

**Keep out of the reach of children.  
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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

Glucoraphanin

# Selenium Synergy®

Activated  
Selenium

With Glucoraphanin  
and Vitamins B<sub>2</sub> and E  
200 mcg Methylselenocysteine

**60**  
CAPSULES

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

|                                                                                                | Amount Per Serving | % DV |
|------------------------------------------------------------------------------------------------|--------------------|------|
| Vitamin E<br>(as d-Alpha Tocopheryl Succinate)                                                 | 20 mg (30 IU)      | 130% |
| Vitamin B <sub>2</sub> (as Riboflavin)                                                         | 2 mg               | 150% |
| Selenium (as Methylselenocysteine)                                                             | 200 mcg            | 360% |
| Glucoraphanin<br>(from 75 mg of Broccoli Seed Extract)<br>( <i>Brassica oleracea italica</i> ) | 10 mg              | †    |

† Daily Value not established.

Other Ingredients: Cellulose, calcium phosphate, maltodextrin, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of bovine gelatin.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Distributed Exclusively by:

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FILL LINE