

PRODUCT INFORMATION:

One tablet typically provides:

Selenium 200µg %NRV* 364

*NRV – Nutrient Reference Value

INGREDIENTS:

Selenium enriched *Saccharomyces cerevisiae* (enzyme digested) (with **soya**); natural Lithothamnion calcarea, anti-caking agent: stearic acid*; anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; coating: methylcellulose, glycerine, natural vanilla flavouring (agave syrup; flavour: vanilla extract; colour: caramel). *(vegetarian source)

All True Food® nutrients also contain B vitamins, beta glucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, wheat

Suitable for vegetarians and vegans.
This product is not tested on animals.



higher
nature®
TRUEFOOD®

SELENIUM
FOOD STATE NUTRITION

FOOD SUPPLEMENT

60
TABLETS

TRUE FOOD® SELENIUM

Food State Nutrition – Nutrients provided in a true food form that your body recognises as food.

✓ Selenium contributes to the protection of cells from oxidative stress.

DIRECTIONS:

Adults take 1 tablet day (children over 8 years, 1 every other day), or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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