

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

Solgar's KOF-K certification # K-1250

Carefully Manufactured by:  
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SOLGB72520 00B



# SELENIUM 100 MCG

NATURAL ANTIOXIDANT\*  
PROMOTES CELL PROTECTION\*

DAIRY FREE  
SUITABLE FOR VEGETARIANS

50 TABLETS

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Selenium	100 mcg	143%
(as primary grown yeast)		

DV = Daily Value

Other Ingredients: *Saccharomyces cerevisiae*  
(Baker's Yeast, Brewer's Yeast). 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) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. Avoid this product if you are allergic to yeast. If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

\*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.

