

## PRODUCT INFORMATION:

One tablet typically provides:

Selenium	200µg	%NRV*	364
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\*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). (Allergens in **bold**).

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

**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, wheat.

This product has not been tested on animals.

# HIGHER NATURE®

## EVERYDAY ESSENTIALS

## SELENIUM



60 tablets  
vegetarian and vegan

## SELENIUM

### FOOD SUPPLEMENT - 60 TABLETS

✓ Selenium contributes to the protection of cells from oxidative stress

**DIRECTIONS:** Adults take 1 tablet a day (children 8 and over 1 every other day) with a meal. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**STORAGE:** Store in a cool, dry place out of reach of children.



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