store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations
1-2 capsules a day, or as directed by your healthcare professional.

Warning
If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)†, MILK/DAIRY (CASEIN, WHEY)†, SOY PROTEIN†, EGG PROTEIN†, SUGAR.
†VERIFIED BY INDEPENDENT TESTING

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VITAL NUTRIENTS

Selenium

200mcg

DIETARY SUPPLEMENT
90 VEGETARIAN CAPSULES

Supplement Facts

serving size: 2 vegetarian capsules
servings per container: 45

	amount per serving	% daily value
Selenium (50% as sodium selenite/ 50% as selenomethionine)	400mcg	727%

Other Ingredients: Cellulose, Vegetable Cellulose Capsule, and Rice Powder.

REV. 619

Raw materials and finished products are independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA